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SEPTEMBER, 1999

VOLUME 21, NUMBER 7

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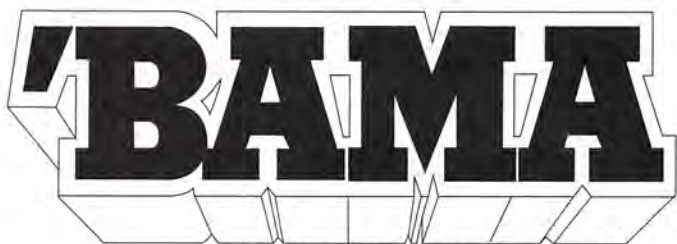
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SEPTEMBER, 1999

VOLUME 21, NUMBER 7

Contents

On The Cover: Terry Jones was an excellent football player for the Crimson Tide under Coach Paul Bryant. Now he's trying to help Bama back to the nation's top as head strength and conditioning coach. See Page 16.

Barry Fikes Photo



Page 6

Football Notebook:

Tide Has Look Of A Good Team

6

Everyone from Alabama Head Coach Mike DuBose down agrees that Alabama has a more talented football team this year. However, Bama must prove it on the field.
by Kirk McNair

The Affair:

Everyone Manages To Look Bad

10

The big news to many is not the opening of the football season. Instead it is speculation on how the Mike DuBose affair and cover-up will affect him and the Crimson Tide.
by Kirk McNair

Jason McAddley:

Expectations Are Greater Now

12

Although only a sophomore, wide receiver Jason McAddley plans to be a leader as well as a top offensive threat for the Crimson Tide football team this year.
by Kirk McNair

Milo Lewis:

Big Things Expected From Transfer

14

Growing up in California, Milo Lewis had no thoughts of ever playing football for the Alabama Crimson Tide. Now he's expected to be Bama's starting left cornerback.
by Chris Olds

Strength Program:

Doing The Job Right Never Ends

16

One of the first things Mike DuBose did upon becoming head football coach was to put Terry Jones in charge of Alabama's strength and conditioning program. That move is beginning to pay off as Bama players are bigger, stronger and quicker than just two years ago.
by J.E. Lisby

Soccer Outlook:

Tide Continues On Title Chase

20

Coach Don Staley took a "rebuilding" team to the NCAA Tournament last year. With an experienced squad returning, expectations are high in 1999.
by Donna Fromme

Volleyball Outlook:

Experienced Team Has High Hopes

22

Coach Judy Green has been rebuilding Alabama's volleyball fortunes. Now, with all starters returning, this should be the year in which the Tide shows marked improvement.
by Brian Morgan

Cross Country Outlook:

Goals Set Much Higher This Year

24

Both the men's and women's cross country teams have veteran stars returning this season and both squads have national aspirations.
by Nori Gardner

Prep Prospects:

State Has A Few Good Big Men

25

Here's a look at the top high school football senior prospects who play in the line and at linebacker in Alabama high schools.
by Tom Culpepper

The Departments

1999 Alabama Football Roster
Scorecard
Fall Schedules

9
28
29



Page 12



Page 14



Page 22

Tide Has Look Of A Good Team

by Kirk McNair

Offense and defense both appear to be much better

It's hard to decide whether to be more excited about the offense or the defense as Alabama closes in on the start of the 1999 football season. Following the first game-type scrimmage of fall work two weeks before that September 4 opener at Vanderbilt, it was obvious the Crimson Tide has more championship-level football players than has been the case in recent years.

There is reason to believe Bama can be better than 20th in the nation, which is where Alabama was selected in the Associated Press pre-season poll, or second in the Southeastern Conference Western Division, where Bama was picked at SEC Media Days.

Head Coach Mike DuBose said, "There's no question that we are closer to being where we want to be than we were at this time a year ago. I'm excited about the potential of this football team. With the running game we have and the ability to throw to the outside guys like Freddie Milons and Jason McAddley and Tim Bowens, and to the tight end, we can take advantage of what the defense gives us. We're closer to being what we want to be on offense."

He said a primary goal now is to develop depth. "We've got to get the young ones ready," DuBose said. "We're going to play more people this year and we have to get them ready. This team has more talent than we had last year."

DuBose could make his pronouncement even after a practice in which starting quarterback Andrew Zow did not participate and Heisman Trophy candidate and star tailback Shaun Alexander had only limited (albeit spectacular) playing time. Zow was held out of most passing work for the better part of a week in order to allow his shoulder to recover from the strain of too much throwing. He is expected to be full speed in plenty of time for the opening of the season. Alexander was told before that first scrimmage that he would participate in only two series. He scored touchdowns on both those series. The first was on a fourth-down, six-yard run to cap a 13-play, 70-yard drive. The second was a little quicker as Alexander took a pitchout going right, faked a handoff to wide receiver Freddie Milons on the re-



It's no secret that Alabama will be doing everything it can to get the football into the hands of senior tailback Shaun Alexander this fall. The Heisman Trophy candidate has had excellent practices.

Barry Fikes Photo

verse, then broke a couple of tackles and went the distance.

Zow is going to be the first team quarterback to start the season. But his back-up,

Tyler Watts, is going to get playing time. Zow won the job on the battlefield last year, taking over midway through the Florida game and leading Bama to a 7-5 record. Zow

is not going to lose the starting position on the practice field or to missing practice time with a minor injury. Nevertheless, DuBose agreed that Watts has benefitted from Zow's absence this fall. The bottom line is that with Zow and Watts, Alabama is in good shape at quarterback.

The depth situation at tailback is not as clear. Neither Shaun Bohanon, who had been practicing well, or Ahmaad Galloway, who had missed work prior to the scrimmage as he nursed a sore shoulder, were consistently strong in the scrimmage. Still, one of them is expected to be the back-up. Dustin McClintock is firmly number one at fullback.

Ideally, Bama would like to have eight wide receivers. The Tide does not have that many quality wideouts now. Freddie Milons and freshman Antonio "A.C." Carter appear to be the top two, with Jason McAddley and Tim Bowens behind them. Sam Collins, Shamari Buchanan and Arvin Richard (who has moved from tailback) are the others in contention, with walk-ons Jay Stubbs and Rob Egan and freshman Brandon Greer other possibilities.

The good news at tight end is Terry Jones. The bad news at tight end is that freshman signee Michael Gaines still had not been able to practice or go to meetings because he had not met academic requirements of the NCAA Clearinghouse, although he was expected to.

(Wide receiver Leonard Fulgham and defensive back Ray Hudson also were waiting for academic clearance. Earlier it had been announced that Robert Branch, Terris Martin, David Paine and Dave Peterson were going to junior college; Gerard Clark was going to prep school; and that Garry McNealy and Derrick Woods would gain eligibility this fall and enter Alabama in January. Additionally, Matt Lomax reported on time, but was unable to practice because of his recovery from arthroscopic knee surgery, and quarterback Josh Parker was expected to undergo knee surgery. Meanwhile, three players who were without scholarships last year—Terry Jones, Johnovan Morgan and Mark Wisniewski—were given scholarships this year.)

Jones (6-3, 264) was the talk of the receivers following the August 21 scrimmage. He had three receptions for 53 yards after having no receptions and only one pass throw in his direction last fall. Coaches insist Jones wasn't good enough last year and that he will be a big part of the offense this season.

Every offense depends on the offensive line. Alabama fans can be excused for being skeptical, but it looks like Bama will have a very good front. DuBose said he thinks the offensive line is much improved. "We have some talent and we have some depth," he

said. "Our starting five can be as good as we've had here in a long time. And we have competition up there."

The two biggest news items in the offensive line are that the Tide will have a new right tackle, meaning Will Cuthbert (6-5, 324) can move to his natural position of right guard; and that center Paul Hogan reported in at 6-4, 285, plenty big enough. A sub-plot to that first news item is that Bart Raulston (6-9, 341), who most expected to win the starting right tackle job, found himself trailing talented freshman Dante Ellington (6-5, 344). Chris Samuels (6-6, 298) has looked every bit the All-America at left tackle, while Griff Redmill (6-5, 304) is back at left guard.

True freshman Alonzo Ephraim (6-1, 292) is the number two center, with Marico Portis (6-2, 301) joining Kenric Lott (6-5, 302), Jason McDonald (6-5, 325) and freshman Dennis Alexander (6-6, 344) in the guard corps. Raulston will back up at both tackle spots if Lanis Baxley (6-7, 290) doesn't win the number two job behind Samuels.

An argument could be made that Alabama's mediocre defensive performance in 1998 was directly related to sub-par linebacker play. As obvious as that

poor play was last season, it is just as apparent that this year's linebacker corps can be excellent. As a result, the overall defensive scheme and execution should be much improved.

Linebackers have to be concerned about controlling the gaps between defensive linemen. But, as DuBose said, Bama probably got over-conscious of that responsibility last year, moving the linebackers into those gaps. That drastically curtailed lateral mobility of a mobility-challenged group.

This year the Tide has two former junior college players who have been in the system a year. As is often the case with junior college transfers, it has taken a full year to complete the transition. Now Miguel Merritt, who is number one at weakside linebacker, and Canary Knight, who is battling redshirt freshman Marvin Constant at middle linebacker, are expected to be top performers. The other spot looks like it will go to a youngster, sophomore Darius Gilbert.

Merritt had an eventful summer. A malignant tumor was removed from his vocal cords and he is being monitored regularly. In the early practices he showed no ill effects of the disease and surgery.

Behind Merritt are Chris Horne and Victor Ellis. Gilbert is backed by true freshman

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Saleem Rasheed and former tailback Adam Cox.

Alabama's defensive front has been mixed and matched in various ways in part because a handful of Tiders can play both end and tackle. One key is Jamie Carter. Although DuBose describes him as having almost unlimited potential because of his size, strength and explosive quickness, Carter is not a great football player at 348 pounds, which happens to be what he weighed upon arrival this fall. If he can be in top shape, he and Cornelius Griffin (6-3, 292) can be formidable tackles. Kindal Moorehead (6-3, 296) is an all-star type at right end. Kenny Smith (6-5, 290) can be either at left end or he can move into tackle. Reggie Grimes (6-4, 285) also has the ability to play end or tackle. Shawn Draper (6-3, 291) is an end. Shaun Williams (6-4, 262) and Derek Sanders (6-4, 275) have shown a great deal of improvement at end, while Todd Whitmore (6-5, 294) has come on at tackle. Sam Matthews (6-6, 294) is back working at defensive tackle after a year on offense. Newcomers Kenny King (6-5, 275) and Leslie Williams (6-5, 205) at end and Jarret Johnson (6-4, 284) at tackle have the potential to contribute as freshmen, although Williams is likely to be redshirted in hopes of getting him heavier.

There's also some double duty work going on in the secondary with soph Reggie Myles and freshman Hirschel Bolden, both cornerbacks, getting some work at safety. DuBose said early in fall drills that he thought Bama had six winning cornerbacks and that at least one of them needed to be a third safety.

Myles is a returning starter at right cornerback, but he could end up as one of the safeties. Also returning as starters in the secondary are safety Tony Dixon (who is probably more suited to strong safety) and strong safety Marcus Spencer. Milo Lewis, a junior college transfer who took part in spring practice, is the left cornerback.

Another true freshman, Gerald Dixon, is in the playing picture at left cornerback, while Kecalf Bailey (right) and Shontua Ray (left) are other cornerback prospects.

Things are picking up in the kicking game. Although much of the overall special teams preparation was to be done in the final two weeks before the opening game, senior Patrick Morgan has come on strong and won the job as punter. Lane Bearden will be his back-up. For the third straight year it appears Ryan Pflugner has held off the competition to win the place-kicking job. He missed one field goal try in the opening scrimmage, but came back to nail a 46-yarder. The only other place-kicker in early camp was freshman walk-on Danny Haynes. Soph Mark Wisniewski was to join

the squad with the beginning of classes on August 25. Wisniewski was the kickoff man last year.

Arvin Richard is among those expected to earn the punt return job Richard had last year, although he will be challenged by Freddie Milons and three true freshmen, Antonio Carter, Gerald Dixon and Hirschel Bolden. Kickoff return possibilities include Richard, Milons, Shaun Bohanon, Ahmaad Galloway, and Shontua Ray (and, technically, though not realistically, Shaun Alexander).

Various schools have been given the moniker "Transfer U" because of the practice of building a football team with players who transfer from other programs. Bama might get that nickname for being the provider school.

No fewer than five football players have elected to transfer from Alabama since the end of spring practice. Two of those, starting wide receiver Eric Locke (to Tennessee) and starting middle linebacker Travis Carroll (to Florida) received (and continue to receive) great attention. The reason is that adjective, "starting."

Additionally, cornerback Chris Reier elected to transfer to his hometown university, Jacksonville in Florida, to play baseball; scholarshiped place-kicker A.J. Diaz of Miami announced he would go to a school closer to home in order to be able to concentrate on soccer; and offensive guard Carlos Stennis said that he was leaving Alabama and would attempt to find a school where he has a better chance to earn playing time. He was third team when Bama held its first scrimmage of the spring.

Alabama has elected not to grant releases to Locke and Carroll since they are transferring to Southeastern Conference schools. That is permitted under SEC rules. Locke appealed that decision to Alabama, which upheld DuBose. Locke has since appealed to the NCAA, which would have a hard time overturning the decision since it is within NCAA guidelines. Carroll was quoted in the Atlanta Journal-Constitution as suggesting legal action against Alabama.

Neither Locke nor Carroll would be able to participate in games this year after transferring. The players are allowed to practice with their new teams. The only effect not granting the release has is it prevents the players from receiving scholarship aid for one year.

Carroll's decision to transfer came just before the beginning of fall drills and not long after he had told reporters how hard he was working and how determined he was to return to all-star form at Bama this year. He reportedly became disenchanted with Alabama because of his injury being slow to heal and, in his opinion, mis-diagnosed.

1999 Alabama Football Roster

(Subject to change)

No	Name, Pos.	Class	Hgt	Wgt	Exp	Hometown	No	Name, Pos.	Class	Hgt	Wgt	Exp	Hometown
1	Chris Horne, WLB	Jr	6-0	209	2L	Sandersville, Ga.	45	Marvin Constant, MLB	Fr	6-1	250	RS	Tuscaloosa
2	Antonio Carter, FL	Fr	5-10	180	HS	Tallahassee, Fla.	45	Corey Bryan, SLB	So	6-0	210	Sq	Andalusia
4	Gerald Dixon, LCB	Fr	6-0	175	HS	Burtonsville, Md.	46	John Fielding, SS	So	6-2	184	Sq	Augusta, Ga.
5	Andrew Zow, QB	So	6-2	221	1L	Lake Butler, Fla.	47	Danny Haynes, PK	Fr	5-9	217	HS	Killen
6	Marvin Brown, FB	So	6-0	238	1L	Hyattsville, Md.	47	Chad Barron, PK	So	6-2	209	Sq	Marietta, Ga.
7	Sam Collins, SE	Fr	6-2	179	RS	Fayette	48	Leslie Williams, RDE	Fr	6-5	205	HS	Stone Mtn., Ga.
7	Waine Bacon, RCB	Fr	5-10	170	RS	Forrestville, Md.	49	Jamie Hunter, TE	So	6-2	224	Sq	Daphne
8	Tim Bowens, FL	Sr	6-0	181	3L	Killen	50	Rob-E Staten, NT	Jr	6-0	286	Sq	Pearl, Miss.
9	Victor Ellis, WLB	So	6-1	231	1L	Chattanooga, Tenn.	51	Carlos Stennis, LG	Jr	6-1	302	1L	Meridian, Miss.
9	Jonathan Richey, QB	So	6-1	208	Sq	Geraldine	53	Pat Hollingsworth, RG	Fr	6-1	314	Sq	Baton Rouge, La.
10	Miguel Merritt, WLB	Sr	6-1	234	1L	Hopkinsville, Ky.	54	Kindal Moorehead, RDE	So	6-3	296	1L	Memphis, Tenn.
11	Saleem Rasheed, SLB	Fr	6-2	217	HS	Birmingham	55	Kenny King, RDE	Fr	6-5	275	HS	Daphne
11	Steven Harris, FS	So	5-10	204	Sq	Clarkston, Ga.	56	Kenric Lott, RG	Jr	6-5	302	RS	Blackshear, Ga.
11	Stephen Moore, FL	Fr	6-3	182	RS	Double Springs	57	Canary Knight, MLB	Sr	6-2	236	1L	Tallahassee, Fla.
12	Ryan Pflugner, PK	Sr	5-10	187	1L	Sarasota, Fla.	58	Alonzo Ephraim, C	Fr	6-1	292	HS	Birmingham
13	Kecalf Bailey, RCB	Jr	5-10	164	2L	Tuscaloosa	58	Tripp Powell, SN	Fr	6-0	255	RS	Tuscaloosa
13	Wes Long, S	Jr	6-4	200	Sq	Guntersville	59	Chris Ray, RT	Jr	6-1	284	Sq	Piedmont
14	Tyler Watts, QB	Fr	6-3	220	RS	Pelham	60	Chris Samuels, LT	Sr	6-6	298	3L	Mobile
15	Freddie Milons, FL	So	5-10	187	1L	Starkville, Miss.	61	Todd Whitmore, NT	Jr	6-5	294	Sq	Ranburne
16	Patrick Morgan, P	Sr	6-0	188	Sq	Birmingham	62	Mal Waltrep, C	So	6-3	284	Sq	Columbus, Ga.
17	Josh Parker, QB	Fr	6-5	198	HS	Crawfordville, Fla.	64	Randall Shoultz, LT	Fr	6-5	319	HS	Saltip
18	Luke Tucker, QB	Fr	6-0	177	Sq	Fayette	65	Dante Ellington, RT	Fr	6-5	344	HS	Leighton
19	Jason Jones, FS	Jr	5-11	183	1L	Tuscaloosa	67	Kelvis White, NT	Jr	6-2	302	1L	Courtland
20	Charles Jones, FS	Fr	6-0	163	HS	Waynesboro, Ga.	69	Matt Lomax, LG	Fr	6-5	304	HS	Mobile
21	Milo Lewis, LCB	Jr	6-0	189	JC	Mtn. View, Calif.	69	Ross Gunnells, WLB	Jr	6-1	207	Sq	Aliceville
23	Reggie Myles, RCB	So	5-11	182	1L	Pascagoula, Miss.	70	Jason McDonald, RG	Sr	6-5	325	3L	Theodore
23	Alex Malone, FB	Sr	6-0	243	Sq	Huntsville	71	Marico Portis, LG	Fr	6-2	301	RS	Prichard
24	Tony Dixon, S	Jr	6-1	208	2L	Reform	72	Will Cuthbert, RG	Jr	6-5	324	2L	Fl. Pierce, Fla.
25	Hirchel Bolden, RCB	Fr	6-0	188	HS	Dothan	73	Dennis Alexander, RG	Fr	6-6	344	HS	Memphis, Tenn.
25	Dennis Bonga, SE	Fr	6-3	193	RS	Tallahassee, Fla.	74	Paul Hogan, C	Jr	6-4	285	2L	Valdosta, Ga.
26	Arvin Richard, TB	Jr	5-7	178	2L	Atlanta	75	Griff Redmill, LG	Jr	6-5	304	2L	Jasper
27	Jeremy Walker, FB	Fr	6-3	259	HS	Prattville	76	Lannis Baxley, LT	Fr	6-7	290	RS	Waynesboro, Ga.
28	Shaun Bohanon, TB	Jr	6-1	227	Sq	Oak Ridge, Tenn.	77	Bart Raulston, RT	Fr	6-9	341	RS	Sylvania
29	Ahmaad Galloway, TB	Fr	6-0	215	Sq	Millington, Tenn.	78	Michael Barfield, RG	So	6-5	289	Sq	Dothan
30	Dustin McClintock, FB	Jr	6-2	253	2L	Quinlan, Texas	79	Ray Marshall, LG	Fr	6-5	312	RS	Montevallo
31	Adam Cox, SLB	So	6-0	227	1L	Jasper	80	Jason McAddley, FL	So	6-2	196	1L	Oak Ridge, Tenn.
31	Jason Kellen, P	Jr	6-4	222	Sq	Tuscaloosa	82	Terry Jones, Jr., TE	So	6-3	264	1L	Tuscaloosa
32	Phillip Weeks, SS	Fr	6-1	165	RS	Lake Butler, Fla.	83	Casey Gilbert, TE	Fr	6-4	293	HS	Pascagoula, Miss.
32	Mark Wisniewski, PK	So	6-1	167	1L	Jacksonville, Fla.	84	Shamari Buchanan, SE	Sr	6-1	217	3L	Atlanta
33	Shontua Ray, LCB	So	5-10	208	Sq	Montevallo	85	Rob Egan, FL	Fr	6-4	214	RS	Henderson, Ky.
34	Santonio Beard, TB	Fr	6-1	202	HS	Nashville, Tenn.	86	Joe Yount, TE	So	6-5	275	Sq	Albertville
35	Roberto McBride, RCB	Fr	5-7	161	HS	Lakeland, Fla.	87	Johnovan Morgan, TE	Fr	6-3	280	RS	Miami, Fla.
36	Jay Stubbs, SE	Fr	5-8	176	RS	Las Vegas, Nev.	88	Kenny Smith, LDT	Jr	6-5	290	2L	Meridian, Miss.
36	Marcus Slay, LCB	Jr	5-8	150	1L	Dunwoody, Ga.	89	Theo Sanders, TE	Fr	6-3	236	Sq	Birmingham
37	Shaun Alexander, TB	Sr	6-1	214	3L	Florence, Ky.	90	Jamie Carter, NT	Sr	6-4	348	3L	Philadelphia, Miss.
38	Shawn Draper, LDE	Jr	6-3	291	2L	Huntsville	92	Shaun Williams, RDE	So	6-4	262	Sq	Augusta, Ga.
39	Tyler Harris, SS	Fr	6-1	204	HS	Clinton, Tenn.	93	Bradley Ledbetter, SN	Jr	6-3	251	1L	Pelham
40	Brandon Greer, SE	Fr	6-2	189	HS	Rainbow City	93	Chauvon McFadden, LDT	So	6-1	281	Sq	Herndon, Va.
41	Marcus Spencer, SS	Jr	6-1	200	2L	York	94	Derek Sanders, LDT	Fr	6-4	275	RS	Sandersville, Ga.
42	Brandon Miree, TB	Fr	6-1	226	HS	Cincinnati, Ohio	95	Sam Matthews, NT	So	6-6	294	Sq	Jacksonville, Fla.
42	Brian Barlow, P	So	6-2	215	Sq	Harrisville, Miss.	96	Jarret Johnson, LDT	Fr	6-4	284	HS	Chiefland, Fla.
42	Emmanuel Okoye, MLB	So	6-0	230	Sq	Houston, Texas	97	Cornelius Griffin, LDT	Sr	6-3	292	1L	Brundidge
43	Gary Barnes, SS	Jr	5-9	208	Sq	Nashville, Tenn.	98	Reggie Grimes, LDE	Sr	6-4	285	3L	Nashville, Tenn.
44	Lane Bearden, P	Fr	6-1	195	RS	Pelham	98	David Barron, MLB	Jr	5-10	202	Sq	Marietta, Ga.
44	Joey McSorley, FB	Sr	6-0	217	Sq	Birmingham	99	Darius Gilbert, SLB	So	6-2	238	1L	Oxford

Everyone Manages To Look Bad

by Kirk McNair

Decisions on punishment have been questioned

It's easy to go wrong. If you don't believe it, just follow the trail of everyone involved (and some who weren't) in the recent Alabama football office scandal. For any who may not be aware, in mid-August Alabama Head Football Coach Mike DuBose admitted in an emotion-charged press conference that he had lied about an affair and that he would accept severe sanctions from The University, although those sanctions did not include termination.

Most had one of two reactions to the DuBose confession. The one most prevalent among newspaper columnists and those who are not Alabama fans and also among many, many Alabama supporters was that DuBose should be fired. Less prevalent was the view that DuBose should be given another chance, and among those taking that stance (however reluctantly it may have been) were his immediate supervisor, Athletics Director Bob Bockrath, and the president of The University, Dr. Andrew Sorenson.

It is the lie more than the adultery that rankled most. But DuBose may deserve a little slack on the cover-up. It is obvious that he and "the unnamed third party," who has been named by dozens of outlets as DuBose's former secretary Debbie Gibson, had agreed on their story. On the same day DuBose held his ill-advised Dothan press conference saying there was "absolutely no truth" to the rumor of the affair, Gibson's family had released a statement saying the same thing. In matters of illicit sex, the lie is hardly uncommon. Certainly it is self-serving, but there are other spouses and children to consider. It was DuBose's bad luck that the adulteress was also a back-stabber. After she agreed to the cover-up, putting DuBose in a tenuous position, she had her attorney send him a letter that, as DuBose's lawyer said, "was designed to get his attention."

DuBose had to come clean with his bosses, his family, his football team, and the public.

The University's crack legal team, in the

finest tradition of the French military, surrendered immediately, agreeing that Alabama should pay the woman \$350,000. Sorenson and Bockrath said they came up with the penalties for DuBose, deciding not to fire him but to cut his contract by two years (to the end of the 2002 season) and fining him \$12,000 per month for the next 30 months so that DuBose in effect makes the payoff to his former paramour. Additionally, DuBose can not receive any pay raise during that period. No one could argue with those penalties.

Sorenson said that there had been other situations at Alabama similar to the DuBose affair and that they had been handled the same way. That is almost certainly a lie. DuBose was made to grovel with his confession before the press. Does anyone remember any other such press conferences at The University? No, and DuBose should not have been subjected to that indignity. That could have served no purpose other than for Sorenson to flex his muscle. It would have been better for everyone involved (including The University of Alabama) for the situation to have been handled the way those others were, without fanfare. Are there professors or other staff members paying hundreds of thousands of dollars in restitution? Very, very unlikely.

Bockrath said he did not expect DuBose's contract being cut to only two seasons beyond this one to have an effect on recruiting, and that's probably true, even though competing schools will use it as part of their arsenal. But a contract doesn't mean very much, especially for a school willing to pay people for not working. And it should be obvious to everyone, including prospects, after this season if DuBose is going to be retained for the long term.

Over the years Bockrath has demonstrated an uncanny misunderstanding of contracts, particularly as regards Alabama's contract to play games at Legion Field in Birmingham. But he probably took contract law to a new low with his pronouncement that DuBose has been told that he cannot receive a contract extension until the current contract expires. So, even if it is in Alabama's best interest to extend DuBose's contract at some point in the next two and a half years, that nose has been snipped.

Even the Board of Trustees, taking time out from its important duties of flying to

meetings on school planes and making plans for brunches at football games, weighed in with its concerns about being left out of the loop. However, after deciding it didn't know what the duties of the president were, the board elected to back the man they selected. The board even added to the problem by calling DuBose a coach "on probation."

Sorenson responded to that show of confidence by saying the dumbest thing that has been said by a president of The University since Joab Thomas said, "Alabama is fortunate to have been able to secure the services of Bill Curry to be our football coach." Sorenson said he doesn't know for sure if he can trust DuBose to abide by NCAA rules. That leap of logic led to some columnists taking another giant leap, Alabama having to answer to the NCAA for lack of institutional control. Later Sorenson suggested that his powers of understanding are different when he said, "I think I might have been misunderstood at that time."

How does the scandal affect DuBose with his players? Realistically, it probably has little effect. It is the nature of young athletes to move on after adversity. Most Bama players are a lot more concerned about the guy in practice or games who is trying to take his head off than he is about the head coach's problems. And not to paint all Tiders with the same brush, but for many men in that 18 to 23 age bracket, and particularly those kings of testosterone, football players, sex is not considered a bad thing.

There was one other late development in the affair. It was revealed that Gibson had received an 11 per cent pay raise in April, just before the rumor surfaced. Gibson, who has been on sick leave for several months and who is expected to leave The University (and Tuscaloosa) when her benefits expire, had her salary raised from \$30,636 to \$33,996. The raise made news because the average University raise last year was 4 per cent. However, Bockrath said the raise—an equity/market/merit pay raise as opposed to an across-the-board raise given to all employees, was not unusual. Indeed, he said he forgot to mention it to Sorenson, who in turn said he didn't mention it to the trustees because he didn't know about it. Although it is understandable that some would be reluctant to believe DuBose when he said the raise had nothing to do with the affair, overwhelming proof is that the raise was not out of line.

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Expectations Are Greater Now

by Kirk McNair

Sophomore expects to be good receiver and leader

No one could blame Jason McAddley if he had been a little surprised by all the concern over Eric Locke leaving the Crimson Tide football team this summer. After all, McAddley had stepped in for Locke before and done pretty well. Last spring Locke was held out of the A-Day Game with an injury and McAddley took over his duties. The result was McAddley leading his White team to a 23-10 win and earning the Dixie Howell Memorial Award as the game's most valuable player. And he did it in Locke/Palmer style. He caught two passes for 24 yards, had two rushes for 22 yards (including a three-yard touchdown run), and had one pass completion for 38

yards (to Sam Collins to set up a touchdown).

Dabo Swinney, who was the winning coach in the A-Day Game and who is McAddley's position coach, said, "Jason and Eric were battling neck and neck in the spring. With Eric leaving, the coaches expect more from Jason. It doesn't mean that to Jason, because he's the kind of guy who has great expectations for himself. Jason is just a sophomore, but the bar has been raised."

Swinney was also the man who recruited McAddley out of Oak Ridge High School, about a half hour from the campus of Tennessee. "I thought when I saw him in high school that he had great potential," Swinney said. "I thought he would have to be redshirted, and he was, because he was kind of raw. But he had all the tools—size (McAddley is 6-2, 196), great feet, he's smart, he has the ability to catch the ball, and, of course, that excellent speed." But that didn't mean he was going to be an instant star. As Swinney pointed out, "Jason came in with his eyes real big. He didn't have good technique and didn't understand

things that go into playing the position, such as recognizing coverages."

McAddley was a prep track star and last year participated on a limited basis with Alabama's track and field team. Although he was a state champion hurdler as a prep star, at Alabama last spring he was used only in the 100- and 200-meter sprints and on the 4x100 relay team. He hopes to participate in both intermediate and high hurdles next spring.

Swinney thinks running track helped McAddley. "A track guy doesn't always play football at his full speed," the coach said. "But now Jason is playing at full speed. He's got the ability to be a play-maker for us. And he's the kind of guy who will stretch the field and make everyone better. He had a great spring working on techniques and on learning coverages and on using that track speed." McAddley has also improved as a pass catcher. "His concentration has improved," Swinney said. "Before he would make great catches, then drop the routine ones. We've emphasized that he has to make the catch before he becomes a runner."

Swinney said, "Jason has always been the kind of guy you noticed in scrimmages. I had hoped he would break out a little more last year, but Quincy (Jackson) had a great year and Jason didn't get as many opportunities. But he's worked hard and if he continues to work hard, the sky's the limit for him."

From a statistical standpoint, it wasn't a particularly notable 1998 for McAddley after he had been redshirted as a freshman. Although he played in every game, he had only two receptions for only 14 yards. But he had another play that was one of Bama's best of the season. Against LSU, with the Tide trailing late in the game and desperate for the football, an on-sides kick worked. Adam Cox tipped the ball and McAddley and Miguel Merritt bounced it between themselves on the ground before McAddley came up with it. Moments later, Alabama had pulled out a dramatic 22-16 victory in Baton Rouge. "I guess that's the most significant thing I've done, because it enabled us to keep our winning streak going down there," McAddley said.

Other than the LSU game, McAddley has been known best for his spring practice performances. In addition to last year's A-Day award, in the 1998 spring of his true freshman year he was selected by the assistant coaches as winner of the Ray Perkins Most Improved Receiver Award.

McAddley said, "Eric is a loss to the team, but I feel we have enough good receivers to make it up." Knowing that Locke would not return, McAddley said, "I had a lot of confidence after the spring and I expected to come in as a starter." As much as anything, he said, "That means you have to lead more, and I feel a responsibility to be a leader."

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McAddley elected to spend the entire summer in Tuscaloosa. "I worked on pass skills, running routes and catching the football," he said. "I also worked on my overall strength. I felt my speed and acceleration were okay."

Since arriving at Bama, McAddley has paid particular attention to the mental aspects of his position. "The big jump from high school to college football is in the techniques," he said. "In high school I could pretty much out-run any defensive back and get open. At this level, the defensive backs are as fast as the receivers. Every week. You have to be more of a technician, concentrating on running crisp routes, reading the defenses. It's more a mental game. The technicians are the ones who stand out."

After two years in Alabama's system, McAddley felt comfortable enough to work with a few of the freshmen. "For the first time in a while we've got the same offensive system for the second year in a row," he said. "Now it's sort of second nature to us. I've tried to help the new guys so they'll pick it up quicker."

Although McAddley is primarily a "Z," which is a slotback, he also knows the assignments of the "X" (split end) and "F" (flanker). "We don't have that many receivers, so the veterans are expected to know the assignments for all three posi-



Jason McAddley has had a measure of success as a back-up wide receiver, but expects to play a more prominent role as a sophomore this year.

Barry Fikes Photo

tions," he said. His primary competition comes from freshman Antonio Carter and

from converted tailback Arvin Richard. But the other wide receivers—Shamari Buchanan and Sam Collins at split end and Freddie Milons and Tim Bowens at flanker also know the slot assignments.

Choosing Alabama was not a particularly difficult decision for McAddley following his 1996 prep season. For one thing, nearby Tennessee didn't offer him a scholarship until after he had committed to Bama.

While Tennessee hesitated, Alabama and Georgia Tech had made firm offers. McAddley was particularly impressed with Alabama's business school. On the football side, he was the only freshman wide receiver signed by Alabama in 1997. And he was impressed with Bama's football tradition.

McAddley was a little surprised that his high school teammate, running back Shaun Bohanon, also signed with Alabama. "I thought Shaun was going to sign with Tennessee," McAddley said. "But Tennessee was going to sign about four running backs. I was glad when he picked Alabama and I think he made the right decision."

McAddley is aware of one bit of Alabama tradition. "Alabama really hasn't been a throwing school, so I think there are a lot of records to be broken," he said. "I'll admit I wouldn't mind getting one of those records."

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Big Things Expected From Transfer

by Chris Olds

Junior cornerback excited at opportunity with Bama

He's a seasoned veteran from a program with a winning tradition. He has been named an All-America and during his career has faced dozens of receivers, schooling most of them. As one of the most experienced and oldest players in the Alabama secondary, he is expected to help take the Tide to championships.

All this, and he is only a junior. And he hasn't played a down at Alabama.

Stepping into the left cornerback slot vacated by first-round NFL draft choice Fernando Bryant is Milo Lewis, a highly-touted junior college transfer from the City College of San Francisco, a school which also produced Alabama's senior linebackers Canary Knight and Miguel Merritt.

While he may be a new name on the Alabama roster when the squad takes the field against Vanderbilt on September 4, he isn't the typical newcomer, transfer or freshman, who is a veteran of summer conditioning sessions and three weeks of three-a-days and work under a sweltering Alabama summer sun. Lewis joined the Bama ranks last January, and has hit the books for a semester while participating in spring practice and A-Day.

"It was a dream," said Lewis, describing his debut on the turf at Bryant-Denny Stadium last April. "In junior college we had nowhere close to 40,000 people for a game. And this was just for a practice game. When I was out there, it seemed like I wasn't living, it wasn't real. It was the best feeling ever.

"When we play at home in front of 80,000 people...well, I'm going to pour tears when that comes around."

Out of high school three years ago, the 6-0, 190-pound, Mountain View, California, native played at linebacker and at running back where he totaled more than 1,800 yards rushing and 22 touchdowns before he earned MVP honors in the California high school all-star game. When it was time to play college football he didn't qualify academically, so he had the choice to attend college as a partial qualifier under the NCAA eligibility guidelines, or to take the junior college route.

"I was looking at a lot of schools," Lewis said. "Cal was tops, but I would have had to Prop 48 out of high school, so that's why I decided to go to JUCO. If I had to sit out a year and wait, it wouldn't have been worth it."



Alabama Head Coach Mike DuBose has said he wants to sign junior college transfers who can enter school in time to participate in spring practice and who can contribute immediately. Milo Lewis meets the criteria.
Barry Fikes Photo

Lewis, 21, stepped away from a number of PAC-10 schools (UCLA, Washington and USC) he was considering, and even Kentucky from the Southeastern Conference, and enrolled at CCSF. His impact was immediate. Against Chabot, CCSF's Northern California rival, the freshman sealed a 42-39 Rams win by intercepting a potential go-ahead two-point conversion pass, and returning it 100 yards. From there, Lewis grabbed six interceptions over two seasons, recorded 55 tackles as a sophomore and was named an All-America on an 11-1 team.

Disappointment can follow athletes who fail to qualify academically, but Lewis' longer journey to Division I football was complete well after a bigger disappointment that left him with only one parent at age 12. Ten years ago, his mother was killed in a car accident, leaving the seventh grader to grow up with his father.

"That's probably the biggest thing that drives me," Lewis said. "It was tough, growing up with one parent, without the mother-

figure. It's tough when Mother's Day rolls around. I guess I grew up earlier than most people. Back then you look at it as something bad, but in the future it does help you.

"It's an extra incentive," he said. "She liked football a lot, and that's what keeps me going. It didn't make me focus more, but it made me stride more, because she would have liked to see me play in the NFL."

After his sophomore season, Lewis again faced the decision on which university to attend.

"As a freshman, I said I wasn't going to Alabama (when Knight and Merritt were being recruited) because I'm not from the South, and I didn't know how people would react to me coming from California with my tattoos and earrings," said Lewis. He sports a large Michigan-style "M" on his right arm. "I am a little different, but when my sophomore year came around, Coach Cottrell and Coach Harbison (Tide assistants Ronnie Cottrell and Charlie Harbison) talked to me.

My dad really liked them and the winning tradition, and it came down to playing for a big tradition school. That played a big part."

Another part of Lewis' reasons for transferring to Alabama was the presence of his old teammates, Knight and Merritt. Lewis said he expects to be able to work through the transition to Division I football with them, and said their experience adds to their impact and, hopefully, his own on the team.

"Miguel, he has always been the man at his high school and at my junior college, and if Bird (Canary Knight) plays his part in the program like he did in JUCO, it will be good," Lewis said. "Other schools I visited had people from (CCSF), but they (Merritt and Knight) had the biggest impact."

But, according to Lewis, the biggest reason he came to Alabama was to play against some of the best wide receivers in the country, both on opponents' squads and against Alabama's receivers in practice.

"If you can dominate here in the SEC, you can cover guys and do it in The League," Lewis said. "I hear a lot about number 10 from Florida (sophomore John Capel), and of course Tennessee. Those are the two biggest games I want to play. I want to go out there and perform."

"I don't think any other receiver is so great that he is better than our receivers. If you

can match up against Freddie (Milons) who is elusive, fast and quick; Jason McAddley who is just fast; and play against (Eric) Locke, before he left, that's three different types of good receivers. There isn't going to be much more than that, and I want to see where my abilities are."

Alabama has emphasized the use of junior college transfers over the past couple of years, with defensive tackles Cornelius Griffin and Todd Whitmore, Merritt, Knight, and Lewis on this year's team. Lewis said the adjustment was easy early on in three-a-days, with his junior college two-a-day practices more demanding.

"The difference is the linemen," he said. "Everybody is a lot bigger. All of the people that were at my junior college, though, were the players who couldn't make the grades. There isn't a real change in athleticism; there are just more athletes here."

Following Fernando Bryant at left corner could be a distraction for most players, but Lewis said following the four-year letterman isn't an issue. "I think we are two different types of players," Lewis said. "Fernando is a quick, finesse player. I am a physical player. It's kind of like Charles Woodson and Deion Sanders. I'm the Charles Woodson, and I think Fernando's

the Deion. I think our styles are different."

Lewis is one of four juniors in the secondary, and, although he has the least playing experience with the Tide, he has the most college playing experience and has the most attention on him, something he says he tries to take in stride.

"That's a lot of pressure on you," he said. "I didn't come here to let anybody down, but I am a human being. That's the hardest part. People read all of the stuff in the papers and believe that you can just live up to it. The main thing is to go out and do your best."

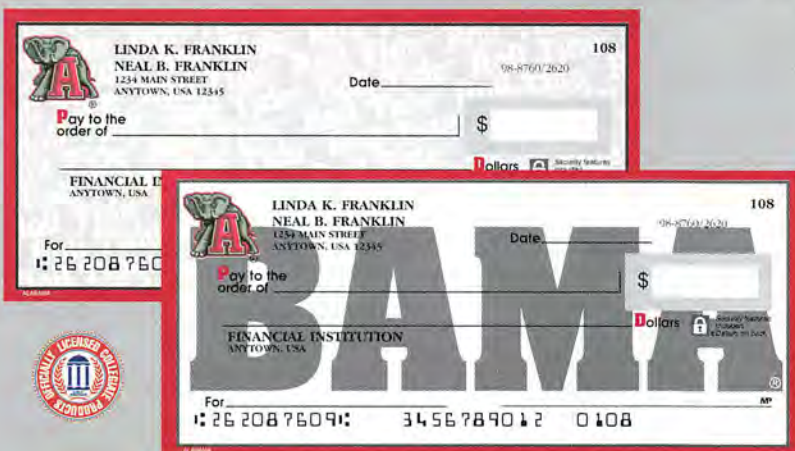
He doesn't promise to dominate every opposing receiver, although Lewis had that reputation in junior college. He does promise to try hard to be a big time cornerback.

Now that Lewis is in a bigger program with a bigger winning tradition and a bigger fan-base, he has bigger goals for himself and the team, despite big expectations for a team that finished 7-5 last season. "I hope there will be big things for Bama, and I hope we can live up to the big expectations," he said. "The team goal is to win the national championship. Personally, to do my best at this level, and to see where I put my name in the SEC is also important. Alabama fans expect the best. And if you give it to them, they are behind you."

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Strength Program:

Doing The Job Right Never Ends

by J.E. Lisby

It's Terry Jones' job to get Tide bigger and stronger

Football is played from the ground up. That's a mantra repeated frequently in one way or another by Terry Jones, Alabama's strength and conditioning coach. It speaks directly to Jones' philosophy as coordinator of the weight-training program for the football team, but it could just as easily apply to his coaching style.

In this day of sweater-vested, blown-dry college coaches, Terry Jones is an echo of days gone by, when football coaches didn't talk about respect—they earned it. In Jones, Alabama's football players have a role model who has literally "walked the walk" and accomplished what most of them dream of achieving.

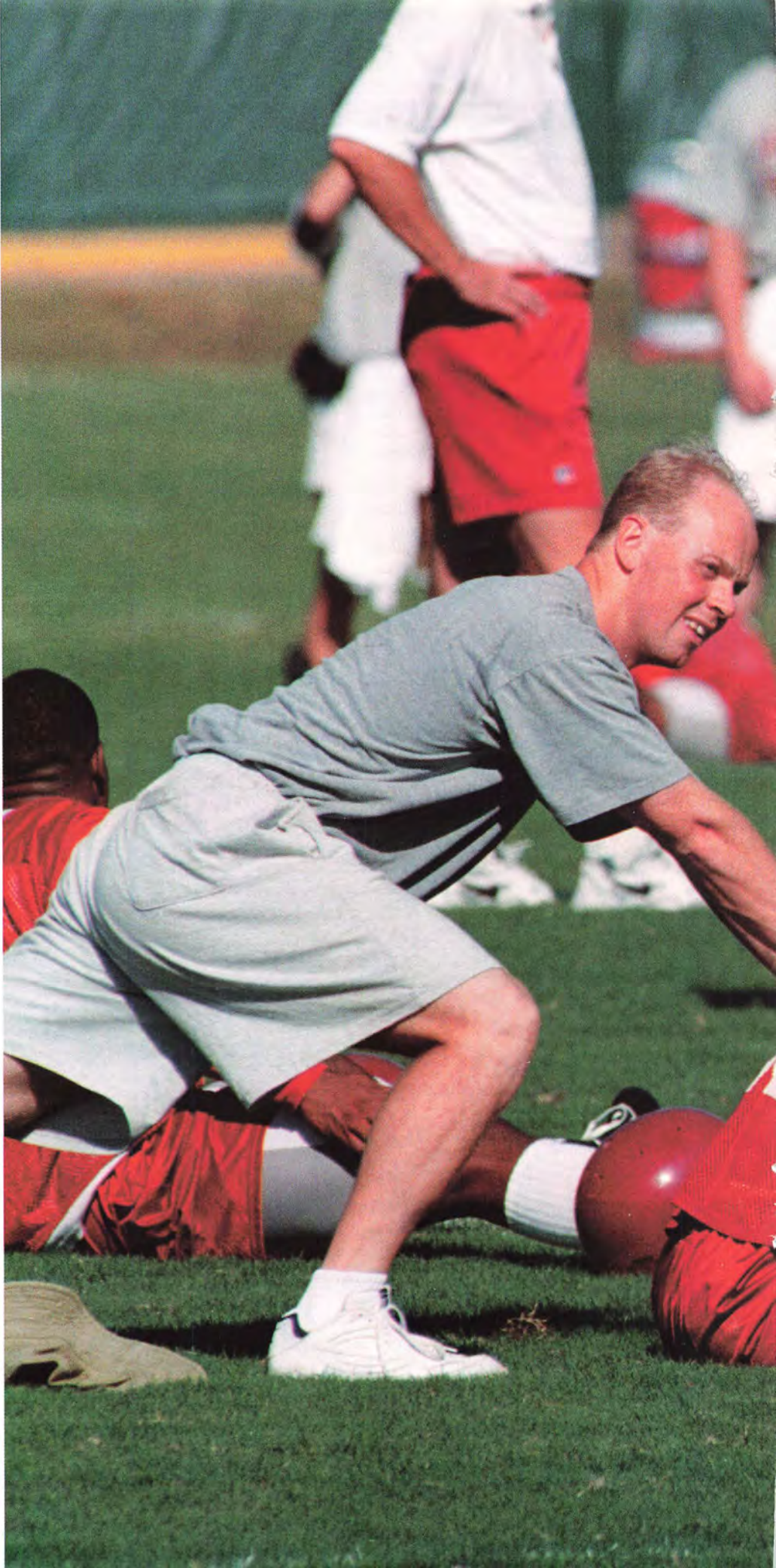
Terry Jones played for Alabama in the mid-'70s on some of Coach Paul Bryant's most dominant teams. He was an all-star at center and then, after a talk with Bryant, moved to defense. That made room for a youngster named Dwight Stephenson to move from defensive end to center. As a result, both Jones and Stephenson got better and both made it to the next level. After his senior year, Jones left school scant hours away from a degree and moved on to the NFL, spending eight seasons with the Green Bay Packers.

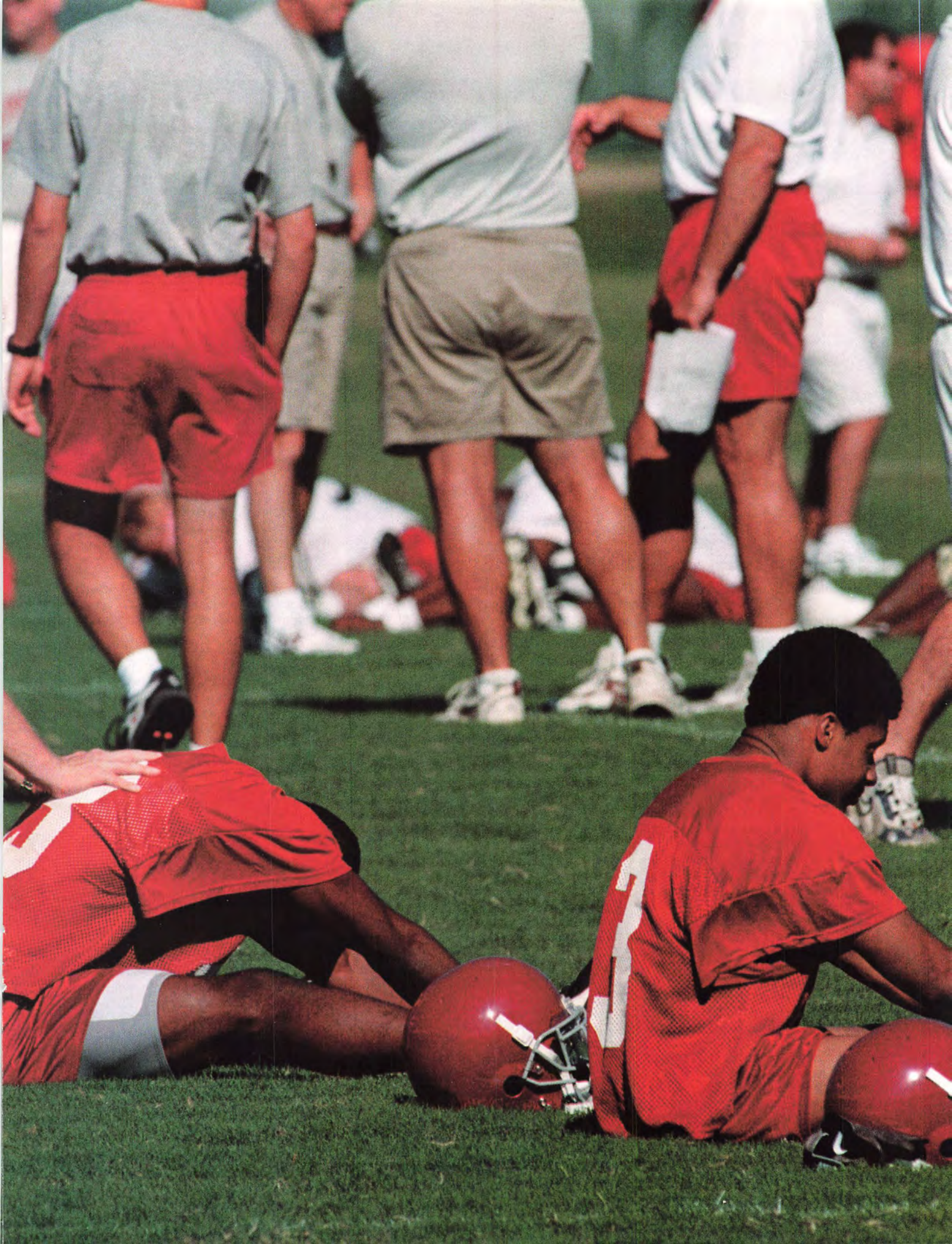
At one point in his career a striking scene convinced Jones to finish his education. He said, "When I went to my first NFL camp, I saw a grown man cry. He was crying because he had been released and he didn't have a college degree. He had a family to support and he didn't have anything to fall back on. After seeing that, I said, 'Lord, just let me get back to Tuscaloosa and Terry's going to be a college man.'"

In an era of shamefully low graduation rates for college football athletes, Terry Jones deliv-

Jesper Sjakist, a graduate assistant strength and conditioning coach from Sweden, helps Reggie Myles stretch out before practice. Sjakist is a graduate of Arizona State and previously worked with former Tider Kerry Goode with the St. Louis Rams and former Tide Strength Coach Al Miller with the New York Giants.

Barry Fikes Photo







Terry Jones, Alabama's strength coach, and Graduate Assistant Coach Paul Pickett, a former Tide linebacker, assist a young Bama baseball signee with the leg press. The baseball player? Michael DuBose.

Barry Fikes Photo

ers advice regarding the importance of education that carries with it the weight of hard-won wisdom. With Jones, Alabama's athletes have as an example a man with the highest possible "been there, done that" quotient.

Of all the components that must come together to make Alabama football successful, the strength and conditioning program is likely one of the least understood. Jones and his staff literally work year-round. The schedule is continuous with one segment leading to another, which leads to another in an endlessly repeating cycle.

The current phase began with the conclusion of spring practice. The players were given the next week off before being brought in for testing. Using the results from various measures including speed, agility, strength and flexibility, Jones and his assistant, Steve Martin, developed an off-season workout program for every member of the team including walk-ons—over 180 individuals in all.

The summer program started in mid-May with general fitness activities. The next phase concentrated on building strength and featured concerted weight room work four days per week. Weights were increased and repetitions lowered in an effort to get stronger.

By the middle of July the emphasis shifts to more sport-specific activities getting the athletes ready for fall practice. The athletes continue to lift, but also increase running and agility work. During this phase, in the afternoon following time in the weight room the skill players work on running, passing and catching in

skeleton drills. Testing continues by the strength coaches approximately once a month.

With the start of fall practice and three-a-days, the routine changes again. During that time, lifting is minimized because the players are generally just too sore for much productive work. Again, as he did during spring drills, Jones takes an active role.

With the start of the football season, members of the travel squad (approximately 85 players) lift only two or three times per week. However, with the rest of the squad, it's a different story.

"You've got another 40 or so athletes who aren't going to play," Jones said. "That's your redshirt guys and walk-ons. We have them lift four days per week. The redshirt year is very valuable for most kids. Many athletes come out of high school never really having been in a true weight program. The first year is an important time for them. It's a physical and mental adjustment."

"Most of these players were superstars in high school and now suddenly they're asked to sit," Jones continued. "They've got to deal with a lot. Sometimes we wind up being a counselor. Fridays are especially hard for them. They're pumped up and ready to play, but they can't. We actually get a lot of work done on Fridays."

The strength and conditioning staff members put in long hours during the season. They must juggle the various lifting programs, supervise the work of athletes from other sports, assist the football coaches during practices, and attend games on football weekends.

"Fridays (during the fall) are long days for us," said Jones. "Actually, the entire weekend is long. We're usually here at 5:30 in the morning lifting with the kids. Friday afternoon we conduct warm-ups. If we're on the road, that means catching a plane to wherever the game is being played. You play the game on Saturday. And on Sunday you come back and prepare for the next week."

During preparation for the bowl game the activity doesn't let up. That is usually a time for the redshirt players to showcase their talent and the extra practice time is invaluable to a program.

Following the bowl game, the entire staff takes some time off in January. However, once everyone returns the strength and conditioning program gears up for an uninterrupted eight-week run of winter conditioning work leading up to spring practice. During that period, "Coach Martin and I get here at 5:30 a.m. with a group coming in at six," Jones said. "And we won't get through till seven that night."

As in the fall, when spring drills arrive Jones is on the field with the players handling all warm-ups and working with players unable to practice. For instance, if a player has an arm injury that keeps him out of practice, Jones can work with him on a stationary bicycle to help him keep his conditioning. Or if he has a knee injury, he can still work with the medicine ball and weights for his upper body strength.

It's a continuous cycle and in his role of strength coach, Terry Jones epitomizes the man whose "work is never done."

What about time off? Jones and Martin each take a vacation week following A-Day. Plus, they normally take long weekends during May. But it's not easy.

"It's just hard to take time away," said Jones. "You've got some players that you've got to be on every minute. I worry about these kids. I know we've got to depend on these players in the fall. They need to be fed—and nursed. And it has to be done right."

What is involved in nursing these young men to successful football careers? How are teenagers who arrive on campus as callow freshmen with stars in their eyes turned into championship caliber players?

Jones insists that it takes a clearly defined philosophy and well thought-out plan of action. When it comes to weight training, it can seem that everyone's an expert. Everyone believes he knows a better way.

"It's difficult, but I have my own philosophy," said Jones. "I know what I want to accomplish."

He said, "Lower body strength is everything in football. You've got to have lower body strength to play this game. Ask a high school kid how strong he is and he'll tell his bench press. Well, football is not a game that's played on your back. It's played from the ground up." Alabama's strength and conditioning program begins and ends with em-

phasis on strengthening the ankle, knee and hip joints.

Jones is fond of pointing out that Coach Bryant used to say, "The only people who can make a living lying on their backs are wrestlers and members of a certain 'other profession.'"

Speaking of wrestlers, the public's fascination with all of those bulging biceps on television is the bane of most good football coaches. Frankly, big arms alone don't particularly impress Jones. "We had a high school athlete visit with huge biceps," Jones said. "Several fans commented on how good he looked. My reply was that he didn't look good to me—I wanted to see his legs."

Another major goal of his program is building speed. Jones believes that everyone can get faster by working on four areas: mechanics, leg strength, stride length and stride frequency.

As the saying goes, "Speed kills—especially on the football field." Jones doesn't disagree, but again he approaches the question from a practical point of view. "(Having) an athlete who can run in the 4.5-4.6 range is good," Jones said. "But I want to see if he can run that fast on the football field changing directions."

Agility and flexibility are also vital components of the Terry Jones program. "I believe you should do agility work every day," said Jones. "If you don't do some kind of football movement every day, you're going to lose a step. And flexibility is something most fans don't understand. Some think that being big

is all that matters, but if you're big and can't bend over and touch your toes, you're in trouble. Lack of flexibility will get you injured."

Jones advocates a diversified weight lifting program involving elements of Olympic lifting, power lifting and bodybuilding. He believes it takes a mix of all three to develop proper athleticism.

According to Jones, injury prevention is a crucial aspect of an effective strength and conditioning program. He takes justifiable pride in the relatively small number of injuries (Kelvin Sigler and Travis Carroll notwithstanding) suffered by last year's team. Every season Jones works closely with the training staff identifying areas of concern. This year shoulder problems have been singled out for special attention.

"One of our major points of emphasis is injury prevention," said Jones. "The strength and conditioning program plays a key role. We work hand-in-hand with the training staff and monitor muscle balance and nutrition so that the athletes can spend as much time as possible on the field—not in the training room."

Given his position at The Capstone, one of Jones' beliefs just might surprise most fans. He strongly feels that in the area of strength and conditioning there are precious few genuine experts. "Some coaches just sit in the weight room thinking they know everything and they really know nothing," Jones said.

Recognizing this, Bama's strength coach maintains close ties with a network of other coaches around the country. His list of mentors begins with Al Miller, former Alabama coach and currently working with the Atlanta Falcons, but also includes Rocky Colburn and Rich Wingo among others. "I believe I can call any of those people with a question," Jones said. "And if they don't know, then they've got their own network of people to call."

From all reports the consistent work of Jones and his staff is beginning to show clear results for the Crimson Tide. As a former player, Jones knows that with any team looking to improve it's critical to have proven and respected leaders. He listed Chris Samuels, Shaun Alexander, Paul Hogan, Andrew Zow and Cornelius Griffin as veterans who provide leadership both on the field and in the weight room.

"This year we've got a good crop of players who can lead," Jones said. "We've got men who the young guys will listen to. It's almost like a war where everybody's looking for somebody to follow. (This year) we've got good people who have fought the battles who can step up and say, 'Follow me because I know what it's all about.'"

Leadership on a football team begins with the coaching staff. "I believe that Alabama is the best school in college football," Jones said. "If you want to be a strength coach, this is the place to be."

In Terry Jones Alabama has a coach able to help lead the Crimson Tide to championships for many seasons—from the ground up.

Specific Goals Have Been Established For Players

Alabama has specific goals for its football players insofar as strength and conditioning. And those goals are different for offensive tackles than for defensive backs. Although it's unrealistic to think that every player will make the goals, Alabama Head Coach Mike DuBose can take a great deal of satisfaction in the progress that has been made. For instance, it is a goal that all offensive and defensive linemen be able to bench press 400 pounds. While not all linemen can do that, DuBose pointed out that when Alabama was preparing to open the 1997 season, only four linemen could handle 400 pounds. Going into practice this fall, of the 36 returning offensive and defensive linemen, 22 have reached the 400-pound mark. And, he said, there were also a few players at other positions who have reached that mark. DuBose gave credit to Strength and Conditioning Coach Terry Jones and his assistant, Steve Martin, for the improvement.

"We're becoming a bigger, stronger football team," DuBose said. By way of example, of the 103 players who have been weighed in, 37 weigh over 275 pounds and 15 of those are over 300. There was no great surprise on the heaviest Tider. By a few pounds the "honor" went to defensive tackle Jamie Carter, who checked in at 348.

DuBose said, "There are a couple of guys we'll have to keep an eye on. We'll have to overload them a little bit to get a few pounds off them, but we can't do it overnight. It's got to be done sensibly over time."

He pointed out that players were asked to get bigger and then he didn't want them to work off the additional weight in the summer. "The game is quicker and faster than ever before, but because all of our games are televised, you don't have to be in quite as good a shape as once was the case. It's a fine line to try to have them at the ideal weight and have enough conditioning to be effective."

In answer to a question, DuBose said, "They are not in great playing shape, but they are in good enough shape to start practice. You can run and run and run, but when football starts you have to practice and play your way into playing condition. I'd say 95 per cent of the guys are in condition to be working towards playing condition. Our linemen are bigger and stronger and quicker, but they couldn't run a marathon. And I don't know anyone who has linemen who could."

He added, "Overall we're in better shape than we've been before."

Looking at some of the goals:

Bench Press—Linemen are expected to bench press 400 or more pounds and are expected to perform 20 or more repetitions with 225 pounds. Linebackers, running backs and tight ends are expected to be able to bench press 350, while wide receivers and defensive backs have a goal of 300. The king of bench press at Bama is Rob-E Staten at 550.

Squat—Linemen are expected to be able to squat two times their body weight, linebackers, tight ends and running backs 2.25 times their body weight, and defensive backs and wide receivers 2.5 times their body weight. Jones points out that it's possible to squat too much to be a good football player because of the agility factor. Bart Raulston could probably build himself up to squat more than his current 635 pounds, but that's all Jones wants him to.

Power Clean—Linemen 300 plus, linebackers group 285 plus, receivers group 275 plus.

Vertical Jump—Linemen 24-28 inches, linebackers group 28-30 inches, receivers group 28-32 inches.

Standing Long Jump—Linemen 8.5-9 feet, linebackers group 9-9.5 feet, receivers group 10 plus feet.

Body Fat Percentage—Linemen under 18 per cent, linebackers group 12-14 per cent, receivers group 10 per cent.

—J.E. Lisby

Tide Continues On Title Chase

by Donna Fromme

Bama has had success and expects to have more

Despite his three Southeastern Conference Western Division Championships in the last four years and 17 years in the coaching business where he has collected several "Coach of the Year" awards, Don Staley never stops searching for ways to improve his technique.

And it's no surprise that this avid football fan (whose sport is known as football outside America) often looks to college football's greatest coaches for ideas. His favorite source, appropriately, is the late Paul "Bear" Bryant. Staley often quotes from the legendary Alabama coach and revels in the successes his practices have reaped when Staley transferred them to the soccer field.

Now it may not be Junction, Texas, where Bryant took a Texas A&M in three buses and brought back those who survived in one, but this year Staley took his team to Orange Beach on the Alabama Gulf Coast for a week of August training. The trip was designed to keep the players' concentration totally on soccer, to bond as a team, and to expose them to a special part of the state. "When I look back at what Coach Bryant did during his early years as a coach, I see that he put his players on buses and headed them to a place where they could be away from distractions," Staley said. "There's not a lot going on at the beach in late August. From a recruiting standpoint, it's a great idea. And I love being able to show off this state, from its mountains to its beaches. But there's also a coach in me that knows that taking them to a climate that's conducive to training and getting them physically prepared is only going to make us a better team. And it's a great way, as Coach Bryant knew, to bond the team together. It's fun and it's productive."

Returning to the soccer field for the 1999 season has Staley characteristically enthusiastic. He returns eight starters from his 1998 squad that won the SEC's Western Division and advanced, for the first time ever for Alabama, to the NCAA tournament. Anchoring that crew is his ace, goal keeper Rachel Brown.

Brown, a sophomore, was first team All-SEC as a freshman and was named second team All-Central Region. Staley knew the Burnley, England, native could be a key to Alabama's success when he signed her. After all, she was a member of the English national team and had made history in her country



Midfielder Tiffany Carle, who was third team all-region and second team All-SEC as a sophomore last season, is among the leaders back for Bama. University of Alabama Photo by Kent Gidley

at age 15 when she became the youngest female player to play in a national Futbol Association final.

Last season, Staley's fourth at Alabama, his team finished 13-7-1 and was 7-1 in league play. Alabama finished fourth in the Central Region and made school history with its first Top 25 ranking. Forward Melissa McGee and fellow returning starters, defender Dawn Battle, and Brown, were voted second team all-region. Two others, junior midfielder Tiffany Carle and defender Leah Formby, who graduated last year, were third team all-region. Both Battle and Brown were named to the All-SEC Tournament team, and, behind Brown's first team All-SEC regular season honor was Carle on second team.

Staley said, "Last year was supposed to be a rebuilding year, and it wasn't. The freshmen matured very fast. We filled some gaps. One was the goalkeeper position. That position was a question mark. Now? Let's put it this way: they call Penn State, and I think at times Alabama, too,

'Linebacker U.' I think that this soccer program probably will get a label now as 'Goalkeeper U.' We've had first team all-conference (goalkeeper) four times and second team once, so I feel like our defense has proven over the years that we're solid in the nets as well as defensively with our back four."

Brown will lead Alabama in "the nets" again. Alabama's defense is also anchored by Battle and Martha Mouring. At midfield Alabama will count on Krissy Wisse, a sophomore returning starter, and center midfielder Laura Reddin. Staley had to recruit for that area as well, having lost midfielders Formby, Christine Miller, and Nellie O'Connor to graduation. Miller scored four game-winning goals for Alabama last season. Staley says Reddin and Carle, at striker, will step up their play to make up for those losses and hopes to rely on "a crafty" McGee as well.

When the players reported on August 12, Staley said he had three potential starters in his class of first year players. "They're all re-

ceptive to playing wherever we need them," said Staley of freshmen Tasha Denecke (keeper), Michele Evans (forward), Missy Keller (defender) and Kim Zarzour (defender).

Alabama's 1999 schedule includes seven or eight teams that Staley says will likely be preseason Top 20 teams. The season was to kick off August 27 at home against Vanderbilt. Among the stops is a October 1-3 swing through Santa Clara, California, where Alabama will compete in the NIKE Invitational against Stanford.

"You want to expose your team to the best competition in the country," said Staley. "You want your players to play against the best."

"Here at Alabama, we aspire to win championships. We're probably ahead of schedule with the three SEC West championships and going to nationals. This year with the strength of schedule, it allows us to be in a hunt for a playoff berth because of the power rating."

Last season's milestone came in the form of the NCAA tournament invitation. Alabama hit the road to play Texas A&M. Though it obviously would have preferred to have won the game (Alabama lost 3-1), the thrill was in the invite. No other Alabama soccer team had gone that far. No other team had experienced NCAA postseason play.

Staley said, "When we get there this year,

we won't be content just with being there. I think we'll be there to win a whole bunch of games. Of course," added the coach, "I don't want to put the cart before the horse. There are a lot of games that we'll have to win along the way first."

Joining the Tide's soccer team along the

way has become a popular social event in Tuscaloosa each fall. Staley has worked hard to make the atmosphere a fun one for both families and students. Admission is free. Alabama's soccer field is at the University Recreation Center fields off University Boulevard.



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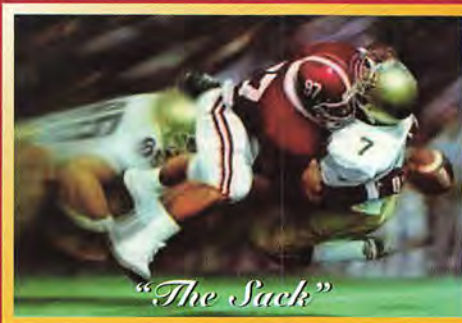
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Experienced Team Has High Hopes

by Brian Morgan

Green has all starters back, plus good recruits

Alabama Volleyball Coach Judy Green can hardly keep the smile inside her from creeping onto her face when she thinks and talks about this year's Crimson Tide squad. All six starters from a successful 1998 team combined with the most talented recruiting class in her three-year tenure have Green feeling a little different as fall practice begins.

"There is definitely a different atmosphere around this group," said Green. "Everyone is full of energy, confidence and competitiveness. I really like how committed our players were during the off-season. They have come into camp in great shape and appear ready to make a statement this season."

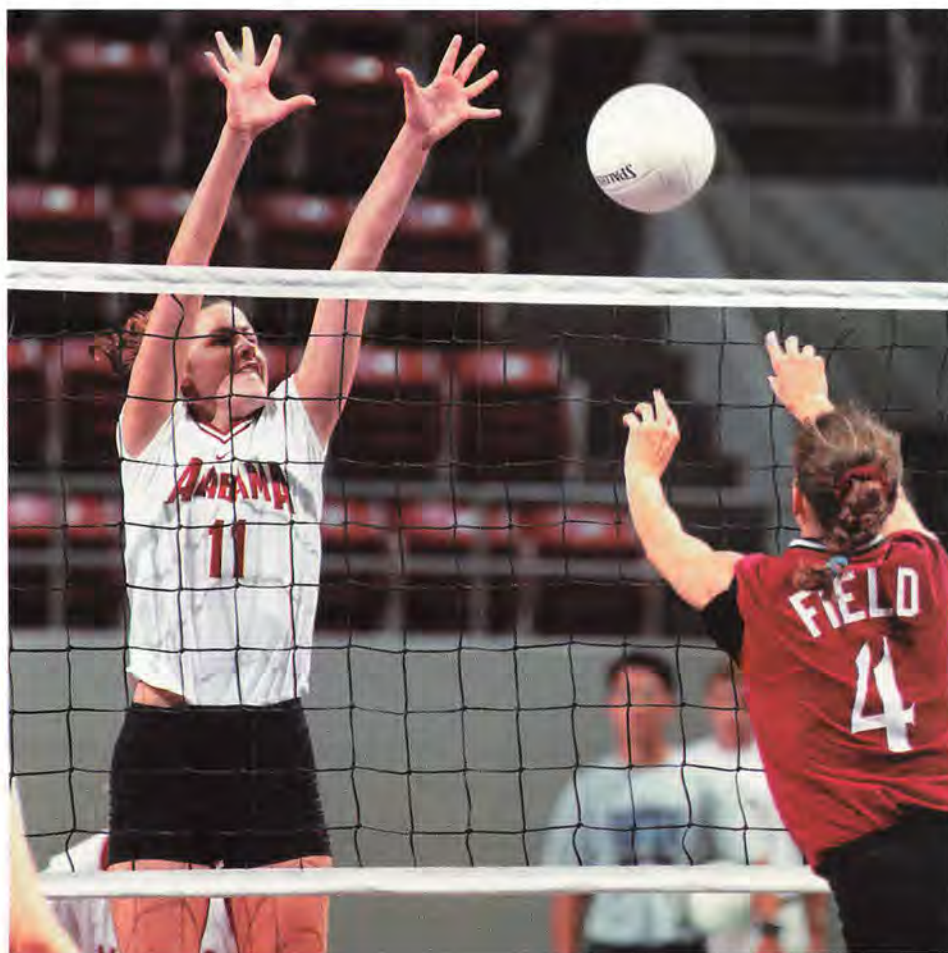
The 1999 edition of the Crimson Tide does provide Green with something she hasn't had in any of her previous campaigns... experience. Players and teams gain it by going through the trials and tribulations of challenging games, matches and seasons. For two years, the Alabama volleyball team has been earning its stripes in battle after battle and the veterans are showing a level of maturity that can only be earned.

The Crimson Tide returns 10 players from a squad that set a modern era record by opening the 1998 campaign with a 6-0 mark. Alabama also finished the season at 14-18, a marked improvement from the previous year, with a regular season tournament title and victory over perennial power Georgia included in the success.

"I believe that last season really helped this team develop confidence," said Green. "I feel like the flow of play will be much smoother this season due to our familiarity. I expect us to be a much more mature team, which should lead to more success in close matches and against higher ranked opponents."

In addition to playing better together, Green is also looking for more assertive play from the Tide. She has placed an emphasis on doing the little things better and more consistently.

"We must continue to believe that we can and will win every match," said Green. "We have to play a much more aggressive style as opposed to always being reactive. I also believe that the successful teams are always fundamentally sound. Our ultimate success



Monica Morales was Alabama's offensive leader last year and returns this season to lead the Crimson Tide attack.
University of Alabama Photo by Kent Gidley

in 1999 will depend on our ability to execute the fundamentals, to fulfill the different roles in our system and to have an unwavering belief in our own abilities."

Since her arrival at The Capstone in 1996, Green has tried to find the most effective offensive and defensive schemes for the Tide's personnel. She knew that she wanted a quick, up-tempo offensive attack that would be highlighted by athletically gifted outside hitters. This past spring the Tide incorporated the swing offense into its system because Bama finally had the type players who would benefit from its strengths.

The outside hitters are the key to the swing offense and the strength of this year's team should reside on the outside. The Crimson Tide has their deepest and most talented corps of outside hitters in almost a decade.

"The swing offense should be a real plus for us this year," Green said. "It takes good

ball control and athletic outside hitters to run this style. I believe it is perfectly suited for our team this year. The swing offense gives the hitters a lot of freedom which will allow our hitters to utilize a variety of shots successfully."

Returning left side hitters Michelle Green and Jen Wagner along with right side stand-out Monica Morales provide the Tide with a very formidable attack. Green and Morales were the team's offensive leaders last season posting nearly 800 kills between them. Wagner, a true freshman a year ago, demonstrated an ability to score with several different shots and became a solid offensive option toward the end of the season. Sophomore Lexee Marshall returns to a more comfortable outside position after being pressed into a setting role last year. Highly gifted newcomer Katherine Gaudet brings her athleticism and strong arm swing into the mix to give the Tide even more weapons in their arsenal.

"This is definitely the strongest group of outside hitters we've had," said Green. "We don't have an SEC prototype hitter—a big, tall banger—on the outside, but all of our hitters are extremely versatile and athletic. I look for our outsides to thrive in our new offense."

Another key to Alabama's success this season with the swing offense will be the play of the setters. The new offense puts a premium on the setter having the ability to set a variety of balls as well as being able to make quick decisions.

This season Alabama will feature a pair of setters who meet the requirements. Two-year starter Allison Lange has improved every season at The Capstone and comes into the 1999 season with a great deal of confidence in her teammates and the Tide's new system.

"Allison is the epitome of what we want from our players," said Green. "She has a great work ethic and has stepped into a leadership role for this team. Allison may be one of our best back row defenders and I know that she is one of the most competitive players on our team."

While Lange has been the sole setter for Alabama during her first two seasons, new-

comer Bridget Studnicka arrives this fall to give the Tide a different look. Studnicka, at 5-11, gives Alabama the opportunity to present a taller look for the front line defense.

"Bridget brings some excitement for the future of Alabama volleyball," said Green. "She has great hands and is extremely knowledgeable. I like that fact that her height will allow us to stay with our stronger blocking schemes. She really gives us some options at the setter position. I believe that for us to reach our full potential, we need to have a pair of quality setters and this year we have them."

While Alabama's outside hitters and setters will have plenty of experience, the middle blocking position is an area where improvement is needed. Alabama will be deeper at this spot than has been the case in the past, but the front line still will be an extremely young group.

Returning starters junior Kelly Fash and sophomore Janet Golen gave Alabama a solid presence in the middle last year, but both suffered through periods of inconsistent offensive output. However, both spent the spring increasing strength, improving scoring techniques and developing their

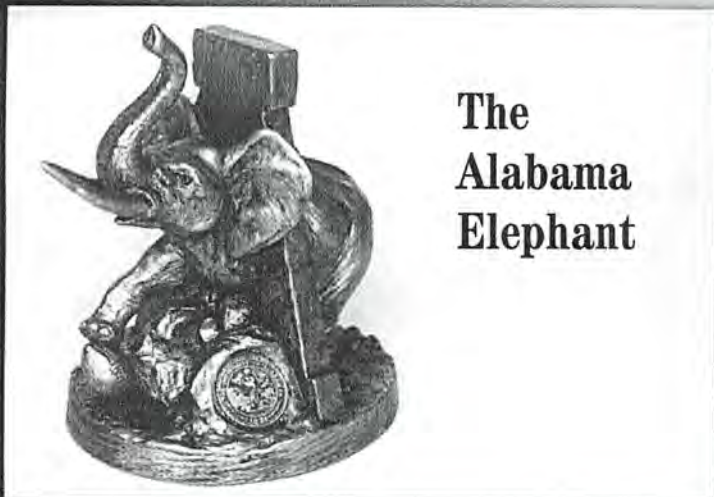
blocking skills and enter the fall much more prepared.

In addition to this duo, two-year letter-winner Sarah Cotten joins a pair of newcomers in Emily Sebastian and Shelly Adamcik as challengers for playing time in the middle. Cotten has demonstrated a knack for being able to score in the middle and spent the spring improving her strength. Sebastian and Adamcik both bring size and great athleticism to the Tide lineup. Redshirt freshman Sarah Kreimer will also look to make her Crimson Tide debut this season after spending last season working on her strength and quickness.

"The middles will be the key to our success this season," said Green. "I look for practice to be very competitive and the position is wide open to whichever players really want to dominate the net for us. Our defense is centered around the play of our middles."

Green expects this season to be Bama's best, and she's anxious for it to start. The Tide season opens September 3 in Charlottesville, Virginia, and Bama's first home match is September 14 vs. Samford. Home matches are played in Coleman Coliseum.

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Goals Set Much Higher This Fall

by Nori Gardner

Veteran stars highlight men's and women's teams

The 1998 Alabama men's cross country team was missing something. Specifically, it was missing standouts like All-America Tim Broe and veterans John Williamson and Dean Fulmer. They elected to sit out last season, a redshirt year, and return for this cross country season. Combined with youngsters who got valuable experience running for the Tide last year and an addition or two, the men's team should be very competitive this fall.

The big news this season is Alabama gets Broe and company back. But the Tide also returns sophomore Troy Henderson, who was the first finisher for Bama in all but two meets last year. Additionally, exciting newcomers like Chris Mutai join the program.

"I really expect the 1999 cross country season to be a successful one," said Head Track Coach Harvey Glance. "We have everyone returning from a year ago; Tim Broe was an All-America in 1997; Michael Chettle will line up for the first time in cross country, as will Frank Rono, who transferred in from Virginia Commonwealth. Having seniors like John Williamson and Dean Fulmer is a major plus."

Rono was a member of the Big East cross country championship squad last year. Another transfer to Bama is Mutai, who was an All-America at Jacksonville University. Although Henderson, a native of Mount Olive, doesn't have the resume of some of the other Tide stars, Glance pointed out that, "Troy Henderson was our front-runner all last season. He stepped up when he needed to and he should really add to the depth of this year's cross country program."

Bama's men's cross country team will once again be coached by David Troy, the assistant coach in charge of distance events.

Glance expects Bama to finish high in the Southeastern Conference and in the region and is aiming for a national top 15 spot.

As in previous years, Alabama's cross country schedule features some of the best cross country athletes and some of the best cross country teams in the nation. Glance believes that in order to be the best, you have to compete against the best. The Tide opens the season in New Orleans with the Tulane Invitational. This warm-up meet is the only meet on the schedule that isn't an 8K race. After the Tulane competition the Tide takes a week off before hosting the 14th annual Crimson Classic in Tuscaloosa



Tim Broe



Ashley LaBudde

at Harry Pritchett Golf Course. The Crimson Classic features some of the best teams in the South, including about half of the teams in the SEC. Alabama will also face tough competition at the Stanford Invitational in Palo Alto, California, and at a Pre-Nationals competition on the NCAA Championship course in Bloomington, Indiana. Stanford won the national title in 1996 and 1997 and finished second in 1998, and last year's pre-national competition featured 32 of the nation's elite cross country teams. "I think we have a very fine schedule this year," said Glance.

Arkansas, which will be ranked one of the nation's top teams, has won the last eight SEC titles and is expected to triumph again this year. Glance expects Alabama, Tennessee and Florida to be battling for runner-up in the conference.

The goals of Alabama's women's cross country team are fairly simple and consistent with the goals of last season. "We want to compete with a little more consistency than last year," said Cross Country Coach Rachelle Roberts. "With the newcomers and veterans, the outlook for our season is very promising. We want to finish among the top four teams at the SEC Championships and we want to qualify as a team for the NCAA Championships. I really think that we have a good chance to send the team to Bloomington. I know that we are up for the challenge of the 1999 season."

The success the Crimson Tide enjoyed last season hasn't changed the Tide's ultimate goal. The goal is to take it up to the national level as a team. Last season's highlights included a fourth place team finish at the SEC Championships, two individuals earning All-SEC honors and three earning NCAA All-South Region honors and being represented by a freshman at not only the NCAA Championships but the World Junior Cross Country Championships as well.

This season's team consists of four veterans and four newcomers. For the second year in a row the Crimson Tide was led by a

dynamite freshman. Ashley LaBudde, who mimicked the freshman season of Amanda Grout, earned All-SEC and NCAA All-South Region honors and qualified for the NCAA Championships as an individual in 1998. After the fall season was complete, LaBudde went on to participate in the U.S. Junior Cross Country Championships. Her fifth place finish qualified her to represent the United States at the World Junior Cross Country Championships in Belfast, Ireland in March. The Tide's roster also includes veterans All-SEC Amanda Grout and NCAA All-South Region Alyson Mills and Sara Darling who ran number four for the Tide last season.

"Ashley LaBudde is the returning number one runner from last year," said Roberts. "She was the top freshman finisher at the SEC Championships last fall and she was an NCAA qualifier. Ashley brings a year of collegiate running experience with her this season, and I am expecting great things from her this fall. Amanda Grout also returns this year, after redshirting last season. She's healthy and she's had a great summer of training. I'm expecting a strong comeback from her."

The list of newcomers includes; Dawn Boggs, the 1998 Indiana state cross country runner-up. Boggs has an opportunity as a freshman to make history repeat itself three years in a row at The Capstone. The other newcomers are: Katie Kelly the Georgia state champion in the 1,600 meter run; Katie Braune, who was the 1997 cross country runner-up in the state of Alabama; and Bobbette Stewart, a junior college All-American who transfers from Central Arizona. "All our newcomers should make significant contributions to our program," Roberts said.

Alabama's schedule is designed to prepare the Tide for the championship season. Alabama's season begins September 4 with the Tulane Invitational in New Orleans. Last year the Tide finished first as a team and four runners finished in the top ten. After a week off, the Tide hosts the 13th annual Crimson Classic at Harry Pritchett Golf Course in Tuscaloosa, which will feature several of the best cross country teams in the South. The schedule also features a preview of the NCAA South Region Championships on the regional course in Auburn and a preview of the NCAA Championships in a pre-national meet in Bloomington, two weeks prior to the SEC Cross Country Championships.

"We will begin our season with a low key meet at Tulane University," said Roberts. "With each meet from there, the competition will get tougher and tougher, to prepare us for the biggest challenges of the season, the SEC Championships and the South Region Championships."

State Has A Few Good Big Men

by Tom Culpepper

Although numbers are down, quality is good

The state of Alabama's "Class of 2000" is not a deep group of college prospects. However, the quality of those upcoming senior high school players at the top of the class is outstanding.

There are many clichés in sports. Perhaps, the oldest football adage involves the line-of-scrimmage. It has long been said, and rightfully so, that "the team that wins the war in the trenches will win the game." Although this year's class may not be loaded at the skill positions, it does include an excellent group of linemen, especially on the defensive side of the football.

No school releases its recruiting list, but word gets out on which prospects are looking at which schools. One story that has made the rounds in recruiting circles this year is that Alabama intends to sign only a few prospects from within the state. Indeed, some believe Bama's group of signees may include fewer than 10 of this year's prep seniors in Alabama. It is almost certain that Alabama is involved with some of the following, but it's also likely that some on these pages will not be on Bama's list. And it is possible that someone who is not known today will evolve into an outstanding prospect over the next few months. Signing day is still five months away, February 2.

The following is a look at the "big men" prospects—offensive and defensive linemen, linebackers and tight ends—in Alabama high schools who are thought to be on the boards of recruiting coordinators. These prospects are in alphabetical order.

Shamar Abrams is a 6-0, 290-pound nose tackle at Vincent High School. "I just penetrate and find the football," said Abrams. "I have quick reactions for a big man." Last season, Abrams recorded 130 tackles and 25 sacks. Still, he seeks improvement. "I need to use my hands better and I also need to stay low," said Abrams. "Those are just a couple of things I'm working on to get better." Abrams projects as nose tackle in a 3-4 defensive alignment or possibly a shade tackle in a 4-3. He already has a scholarship offer from South Carolina. The Gamecocks, Auburn, and UAB top his early list.

Wesley Britt is a 6-7, 289-pound defensive lineman at Cullman High School. Finding prospects with the right size is a task in itself but finding those same sized prospects with exceptional mobility is even more difficult.



Anthony Bryant

Britt was consistently timed in 5.2 seconds or better in the 40-yard dash at summer football camps and combines. He moves so well that his prep career has been spent as a defensive lineman. As a junior, he contributed 97 tackles and five sacks. Britt has already received scholarship offers from Auburn, Florida, Georgia Tech, and Kentucky. "Right now, Florida and Auburn are my leaders," said Britt. He projects as an offensive tackle.

Anthony Bryant is a 6-2, 303-pound linebacker at Sunshine High School in Newbern. Bryant impressed college coaches at Alabama and Auburn with his sub-5.0 speed in the 40-yard dash. In fact, he was timed in 4.87 seconds at the Capital City Combine in Montgomery. Additionally, his calves were measured at 21 inches and his thighs stretched the tape measure to 30 inches. Bryant plays middle linebacker for his small 1A team but projects as a defensive tackle. Alabama is the early leader. "I'm leaning toward signing with Alabama," said Bryant. "My brothers like Alabama and it's only 40 miles from my home."

Karlos Dansby is a 6-4, 198-pound defensive end at Woodlawn High School in Birmingham. Dansby is the cousin of former Ensley High School standouts Melvin and Kelvin Dansby, both of whom signed with Notre Dame at the conclusion of their prep careers. However, don't look for Karlos to head north. "I want to stay closer to home," said Dansby. He is a two-sport athlete with college potential in both basketball and football. Dansby has been offered a football scholarship by the Auburn Tigers. However, he's keeping his options open. "I like



Jeremiah Hendrix

Alabama, Auburn, Mississippi State, and Ole Miss." He projects as a linebacker.

Lynorse Garrett is a 6-5, 218-pound running back at Cottonwood High School. Garrett is another two-sport athlete who may have to make a decision between basketball or football for his college choice. He was the second leading scorer in the state on the hardwood with an average of 32.2 points per game. On the football field, he scored 18 touchdowns for the 2A Bears. "We try to get the football in his hands," said Cottonwood Head Coach Scott Baldwin. "He plays halfback in our wishbone offense and we even split him out as a receiver to create mismatches with defenders." However, Garrett projects as a tight end. Auburn, Kentucky, and Southern Mississippi have shown the most interest.

Jeremiah Hendrix is a 6-4, 304-pound defensive end at Piedmont High School. Many of the most athletic offensive linemen have been found playing on the defensive side for their high school teams. Last season, Hendrix accounted for 115 tackles and 13 sacks from his defensive end position. Nonetheless, he's prepared to make the move to offense at the collegiate level. "I like defense but I'll do whatever my team needs" said Hendrix. Currently, he has scholarship offers from South Carolina and UAB. Other teams on his list are Alabama, Auburn, Georgia Tech and Kentucky. He projects as an offensive guard or center.

Spencer Johnson is a 6-2, 242-pound linebacker at Southern Choctaw High School in Silas. "I'm a big hitter," said Johnson. Last year, Johnson racked up 183 tackles and five



Chance Moyer

interceptions from his middle linebacker position. However, he projects as defensive end at the collegiate level. He attended summer football camps at Alabama and Auburn. He is a two-sport athlete who also participates on the basketball team. Southern Choctaw competes in the state's smallest classification

(1A) but Johnson sees at least one advantage to it. "I love facing the run and that is pretty much all we face," said Johnson. He is receiving mail from Alabama, Auburn, South Carolina, and Southern Mississippi.

Chance Moyer is a 6-1, 231-pound linebacker at Tuscaloosa County in Northport. "I read plays well and I'm very aggressive," said Moyer. "I try to be a leader by setting an example both on and off the field." Moyer has registered over 160 tackles in the past two seasons. He was timed in 4.75 seconds over 40 yards at the Nike Combine in Atlanta. Moyer enjoys playing linebacker but he understands that he could project as a defensive end. "I hope to play outside linebacker but I will play wherever my coaches tell me they need me," said Moyer. He is hearing from Alabama, Auburn, Duke, North Carolina, and North Carolina State.

Antwan Odom is a 6-6, 258-pound defensive end at Alma Bryant High School in Bayou La Batre. Most recruiting analysts have pegged Mac Tyler as the top prospect in the state of Alabama but a strong argument can be made for Odom as well. He camped at Alabama and Auburn where he recorded consistent 4.7 40-yard dash times. Odom has all of the physical tools to be an exceptional defensive end on the collegiate level. "He's very explosive, has great lateral movement, and unbelievable closing speed," said Alma Bryant Head Coach Mark Lasseter. Alabama



Antwan Odom

and Auburn are the leaders. "Alabama is slightly ahead but I like them both," said Odom.

Jimmy St. Louis is a 6-4, 242-pound tight end at Cullman High School. "I love to catch the football," said St. Louis. "I do like to block but catching and running with the football are what I do best." As a junior, St. Louis scored eight touchdowns on 28 receptions. He gained over 30 pounds during the past year and college recruiters are anxious to see him play at his current weight. Regardless, Auburn, Georgia Tech, and Kentucky have already extended scholarship offers after impressive performances at their summer camps. Arkansas and Florida are also on his list of potential colleges. He projects as a tight end.

David Stewart is a 6-6, 275-pound offensive lineman at Lawrence County High School in Moulton. "I am wide-open between Alabama, Auburn, Mississippi State, Ole Miss, and South Carolina," said Stewart. College recruiters are very impressed with the mobility of this two-way lineman. "He moves exceptionally well," said one college coach. Stewart could project as an offensive tackle or guard in college. "I like playing defense but I will likely end up playing offensive tackle on the next level," said Stewart. South Carolina and Mississippi State have offered.

Mayo Sowell is a 6-1, 215-pound linebacker at Shades Valley High School in Irondale. Sowell received scholarship offers from Auburn, Louisiana State, and Tennessee while attending their summer football camps. His vertical leap was consistently measured in the 33- to 35-inch range while his 40-yard dash time remained about 4.6 or 4.7. Last season, he accounted for 109 tackles, six sacks, and two interceptions. He is

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originally from the state of Louisiana and the Tigers hold the early lead. "I have always liked LSU," said Sowell. He projects as a linebacker and is also considering Alabama, Auburn and Tennessee.

Mac Tyler is a 6-6, 328-pound defensive lineman at Jess Lanier High School in Bessemer. Tyler is the top-rated prospect in the state. He ran consecutive 5.0 40-yard dashes while attending Auburn's summer football camp. His combination of size and speed is exceptional. "He can be dominating," said Jess Lanier Head Coach Carroll Cox. Alabama is the early leader for Tyler's signature. "I like Alabama the most at this time," said Tyler. Auburn and Alabama-Birmingham are also in the picture. "I went to the spring game at Alabama, I camped at Auburn, and some of my friends are playing at UAB," said Tyler. He projects as a defensive tackle.

Marcus White is a 6-3, 256-pound defensive lineman at Theodore High School in Mobile. White's stock has been on the rise since the May evaluation period. He has scholarship offers from Alabama, Auburn, Florida State, Kentucky, and South Carolina. Last year he recorded 73 tackles and 11 sacks on defense. White also plays tight end and caught two passes for 51 yards. He carries a 3.4 GPA and lists academics as a factor in his college decision. "I'm looking for a



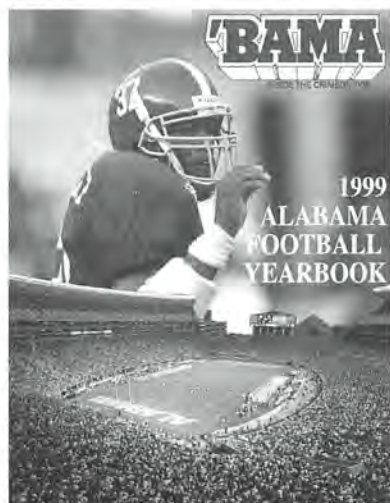
Mac Tyler

strong team, good academics, and early playing time," said White. He is a three sport athlete (basketball, football, and track) who projects as a defensive tackle. Alabama is thought to be the early leader.

While those are the most highly-regarded linemen, linebackers and tight ends in the pre-season, there are others on the watch list of college recruiters and there is a good chance one or more of them will move into the top echelon of prospects by winter. They include:

Offensive lineman Travis Barber, 6-4, 292, of Madison County High School in Gurley; offensive lineman Wesley Clardy, 6-4, 285, of West Limestone in Lester; defensive end Bret Eddins, 6-6, 225 of Trinity Presbyterian in Montgomery; offensive lineman Andy Galloway, 6-5, 265 of Dothan; offensive lineman Richard Sloane, 6-5, 280 of Blount in Prichard; offensive lineman Burt Smith, 6-4, 296 of Boaz; offensive lineman Erwin Snell, 6-5, 275, of Northview in Dothan; offensive lineman Henry Tellis, 6-5, 310 of Sidney Lanier in Montgomery; offensive lineman Nathan Tomberlin, 6-4, 274 of Rehobeth; defensive lineman Franklin Turner, 6-2, 248, of Williamson in Mobile; offensive lineman Chad Walker, 6-4, 311, of Albertville; offensive lineman Brad West, 6-2, 265, of Madison in Gurley; defensive end Mike Williams, 6-4, 249 of Tuscaloosa Central; defensive tackle Pat Winn, 6-3, 298 of Holt; offensive lineman Nick Wood, 6-2, 301 of Ohatchee; offensive lineman Pat Woodall, 6-4, 270 of Leeds; and defensive end Kevin Worthy, 6-2, 239 of Attalla Etowah.

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Sweet 16

We have always considered Cecil Hurt, sports editor of The Tuscaloosa News, as the best Alabama newspaper reporter when it comes to selecting the top football prospects in the state. Sunday he announced his annual Sweet 16 of the state's top 1999-2000 football prospects. They are:

1. Anthony Bryant, defensive tackle, 6-4, 312, Newbern (Sunshine High School);
2. Mac Tyler, defensive tackle, 6-5, 320, Bessemer (Jess Lanier);
3. Antwan Odom, defensive end, 6-6, 245, Bayou La Batre (Alma Bryant);
4. Marcus White, defensive end, 6-3, 252, Theodore (Theodore);
5. Wesley Britt, offensive tackle, 6-8, 292, Cullman (Cullman);
6. Karlos Dansby, linebacker, 6-3, 200, Birmingham (Woodlawn);
7. Triandos Luke, wide receiver, 6-0, 175, Phenix City (Central);
8. Mayo Sowell, linebacker, 6-0, 210, Birmingham (Shades Valley);
9. Derrick Graves, running back, 6-2, 195, Holt (Holt);
10. Corey Larkins, defensive back, 5-9, 172, Opelika (Opelika);
11. Jeremiah Hendrix, offensive lineman, 6-4, 295, Piedmont (Piedmont);
12. Bill Flowers, wide receiver, 6-1, 175, Pelham (Pelham);
13. Jimmy St. Louis, tight end, 6-4, 244, Cullman (Cullman);
14. Lynorse Garrett, tight end, 6-5, 215, Cottonwood (Cottonwood);
15. Spencer Johnson, linebacker, 6-2, 240, Silas (Southern Choctaw);
16. Chance Moyer, linebacker, 6-3, 230, Northport (Tuscaloosa County).

Basketball Commitments

A key to success in sports is having good athletes. Mark Gottfried started on the job at Alabama a little over a year ago and in his first full season of recruiting landed a class that includes a handful of the nation's top prospects. The additions of the likes of Shea Cotton, Rod Grizzard and Erwin Dudley to this year's team is one reason Bama was ranked among the nation's best in recruiting.

The next signing period will be in early November, when upcoming high school seniors can sign college scholarships for the 2000-01 season. Most of the evaluation of high school stars is done in basketball camps in the summer.

The recruiting expert for The Sporting News evaluated prospects in those camps this summer and came out with a national top five that included two prep stars from Alabama. In fact, Stephen Wacaser, publisher of Assists, Turnovers and Loose Balls, a recruiting service for more than 275 colleges, listed 6-6 wing player Gerald Wallace of Childersburg the nation's number one upcoming prospect. And at number five he had Mario Austin, a 6-9, 255-pound center from Sumter County in York.

And in early August, the two announced they would both be signing with Alabama.

Wallace is an extraordinary scorer who has the ability to go inside or shoot the three-pointer. He has been Most Valuable Player in a number of camps and AAU tournaments.

While both Wallace and Austin were

members of the Alabama Sports Writers Association All-State Team, Austin was also MVP in the state tournament as he led Sumter County to its second consecutive state championship. He averaged 17 points, 12 rebounds and three blocked shots per game as a junior.

Transfers

While Alabama is adding excellent players to the men's basketball roster, there have also been some losses. It had earlier been announced that Sam Williams would transfer to Auburn-Montgomery, and that Cedric Patton was leaving, although his final destination was not announced. In August Alabama Head Coach Mark Gottfried received word from 6-8 forward Neil Ashby, a popular player with the fans because of his extraordinary jumping ability, that Ashby would not return.

Basketball Post

Basketball Coach Mark Gottfried has announced the hiring of Darron Boatright as Director of Basketball Operations. Boatright, 24, replaces Huntsville native Howard Pride who left to become head boys basketball coach at Decatur High School.

"I think the world of Darron," said Gottfried who first met Boatright when Gottfried was head coach at Murray State. "He is a tremendous worker. He's been with me for four years, and he's proven he can handle the responsibilities that come with this position. I'm excited that he's now a permanent fixture on our staff. He'll be a great addition."

Boatright, a 1998 graduate of Murray State who was a student assistant coach for Gottfried, is a native of Benton, Kentucky. He was an all-district basketball and baseball player at Marshall County High School where he was graduated in 1993. Prior to attending Murray State, Boatright played basketball and baseball at Shawnee Community College. He is currently pursuing a Master's degree at Alabama in higher education administration. "I'm excited about the future of basketball at the University of Alabama and my opportunity to be a part of it," said Boatright. "The leadership and direction that this staff has will allow it to compete at the pinnacle of college basketball."

Summer Tour

Basketball players don't take much time off from playing. But most of the summer play is in the form of pick-up games, or only slightly more informal summer league contests. Sophomore Tide forward Sam Haginas had quite a different experience this summer, though. He was one of 12 players—one from each Southeastern Conference school—making an exhibition all-star tour in Japan.

Haginas was the least productive of the SEC players in the five-game series. The SEC team won four of the five games. Haginas played only 39 minutes, hit three of four shots from the field for six points, and

pulled down seven rebounds. Haginas started only one game against the Japanese National Team, but it was the game in which the SEC had its most lopsided victory, an 88-63 decision. In that game Haginas played 17 minutes, hit two of seven field goals and had four rebounds. He blocked a shot, but also had five turnovers.

Another Nickname

A rule of thumb is that a man's "wing-span," the distance between the tips of his fingers on each hand when his arms are extended horizontally, is equal to his height. Tide junior basketball player Terrance "Doc" Martin is 6-3. But his span is 7-1. His stretch has earned him the nickname "Gadget." His teammates took the name from this summer's popular kids movie "Inspector Gadget," whose main character uses a contraption that resembles long stretched arms.

Coach Of The Year

Alabama Baseball Coach Jim Wells has been named American Baseball Coaches Association (ABCA)/Diamond Sports Company Division I South Region Coach of the Year.

Wells directed the Crimson Tide to a 56-13 record in 1999 and a third-place finish at the College World Series. It was the Tide's third CWS appearance in the last four years under Wells.

Other regional winners include Charlie Hickey of Providence (Northeast Region), Keith LeClair of East Carolina (East Region), Jim Morris of Miami (Atlantic Region), Bob Todd of Ohio State (Midwest Region), Mark Johnson of Texas A&M (Midwest Region), Tony Robicheaux of Southwestern Louisiana (Central Region) and Wayne Graham of Rice (West Region).

The Crimson Tide also captured the Southeastern Conference Tournament championship, the Tuscaloosa Regional championship and the NCAA Super Regional title, sweeping LSU in the best-of-three series. The SEC Tournament title was the Tide's fourth in five years under Wells. Bama also won SEC Tournament titles in 1995, 1996 and 1997.

Wells, who begins his sixth season at Alabama this year, has compiled a 247-90 (.733) record at the Capstone. His 11-year Division I record is 439-179 (.710). While at Alabama, he directed the Crimson Tide to five consecutive 40-win seasons and five straight NCAA Regional appearances.

Wells will be honored at the ABCA National Coaches Convention in Chicago, January 6-9, 2000 at the Hall of Fame/Coach of the Year banquet. The banquet will be held Friday, January 7, at the Hyatt Regency Hotel.

In 1997, Wells directed the Crimson Tide to a 56-14 overall record and runner-up finish at the CWS. The Crimson Tide set 38 team and individual records and became the school's most prolific home run hitting team with 160 round-trippers. For his accomplishments, Baseball America named Wells National Coach of the Year.

Hall of Fame Candidates

The Alabama Sports Hall of Fame has announced its candidates for the induction class of 2000. The 32nd class of Alabama

Sports Hall of Fame Inductees will be honored at a banquet at the Birmingham-Jefferson Civic Center on February 26.

Seven new members will go into the hall. The Modern Category includes two groups. From the sports of football, baseball and basketball, four will be elected from a ballot of 31 nominees. Also in the Modern Category is a group of ten from all other sports plus administrators and media. One from that group will be elected. In the Old Timers Category are 15 nominees, those whose careers ended 40 or more years ago or who have reached 70 years of age. Two will be elected.

Among those with Crimson Tide connections are:

In the modern category, former football and baseball player Mickey Andrews (who played at Bama 1961-64, but who is a nominee primarily for his success as defensive coordinator at FSU), Jim Bunch (football 1976-79), John Croyle (football 1971-73), Jerry Duncan (football 1964-66, and also for his work on the Alabama Radio Network, 1972-96), Charles Hannah (football, 1974-76), Wendell Hudson (basketball, 1971-73), Al Lary (football and baseball, 1948-51), Marty Lyons (football, 1975-78), Gaylon McCollough (football, 1962-64), Charley Pell (football, 1960-62, but nominated for coaching success at Jacksonville State, Clemson and Florida), Steve Sloan (football, 1963-65, and also for his success as a football coach and administrator), Roberta Allison Baumgardner (only woman ever to be a member of the men's tennis team at Alabama, 1961), Jim Goostree (head trainer, 1957-84, and associate athletics director, 1984-92), Sarah Patterson (gymnastics coach since 1982).

In the Old Timers Category, Jerry Harper (basketball, 1953-56), Ed Salem (football, 1948-50), and Johnny Wozniak (football, 1944-48).

New Track Assistant

Women's Track Coach Sandy Fowler has added a former star athlete to her staff. Caryl Smith will be in charge of sprinters, hurdlers and jumpers for the Tide. Smith is a 1991 graduate of UCLA, where she was a three-time All-America. She won the Pac-10 title in the 100-meter dash and was on the winning 4x400 relay team. She finished second in the nation in the 100.

She comes to Alabama after two years as an assistant at Penn State, where her athletes set nine school records.

Smith will pursue a master's degree in advertising and public relations while at Alabama.

Looking For Women

Alabama is planning a gala weekend, February 11-13, to celebrate 30 years of women's athletics at The Capstone. The event will include one grand banquet inclusive of all sports as well as individual sports reunions. Alabama is seeking addresses for former athletes and staff (coaches, managers, trainers) who worked with Alabama women's teams. Please send information to Alabama's 30th Celebration, c/o Media Relations, P.O. Box 870391, Tuscaloosa, AL 35487.

1999 Alabama Football Schedule

Date	Opponent	Site	Time (TV)
Sept. 4	Vanderbilt	Nashville	11:37 CDT (J-P)
Sept. 11	Houston	Birmingham	11:37 CDT (J-P)
Sept. 18	Louisiana Tech	Birmingham	4:00 CDT (PPV)
Sept. 25	Arkansas	Tuscaloosa	TBA
Oct. 2	Florida	Gainesville	TBA
Oct. 16	Ole Miss	Oxford	TBA
Oct. 23	Tennessee	Tuscaloosa	2:30 CDT (CBS)
Oct. 30	Southern Miss (Homecoming)	Tuscaloosa	2:00 CDT (PPV)
Nov. 6	LSU	Tuscaloosa	TBA
Nov. 13	Mississippi State	Tuscaloosa	TBA
Nov. 20	Auburn	Auburn	6:30 CST (ESPN)

Volleyball

Date	Opponent	Time
	Jefferson Cup @ Charlottesville, Va.	
Sept. 3	Furman	5:00 EDT
Sept. 4	Ohio	10:00 EDT
Sept. 4	Virginia	7:00 EDT
	NIKE @ Eugene, Ore.	
Sept. 10	Minnesota	10:00 PDT
Sept. 10	Oregon	7:30 PDT
Sept. 11	Cal St-Fullerton	6:00 PDT
Sept. 14	Samford	7:00 CDT
	Crimson Tide Classic	
Sept. 17	Air Force	1:00 CDT
Sept. 17	Belmont	5:00 CDT
Sept. 18	Winthrop	11:00 CDT
Sept. 18	Georgia Tech	7:30 CDT
Sept. 21	South Alabama	7:00 CDT
Sept. 24	Ole Miss	7:00 CDT
Sept. 26	Mississippi State	2:00 CDT
Oct. 1	@ Kentucky	7:00 EDT
Oct. 3	@ Tennessee	2:00 EDT
Oct. 6	@ Louisiana Tech	7:00 CDT
Oct. 8	Georgia State	7:00 CDT
Oct. 10	Florida	1:00 CDT
Oct. 15	@ Arkansas	7:00 CDT
Oct. 17	@ LSU	1:00 CDT
Oct. 19	@ Samford	7:00 CDT
Oct. 22	Georgia	7:00 CDT
Oct. 24	South Carolina	1:00 CDT
Oct. 29	@ Mississippi St.	7:00 CDT
Oct. 31	@ Ole Miss	2:00 CST
Nov. 2	@ Jacksonville St	7:00 CST
Nov. 5	@ Auburn	7:00 CST
Nov. 9	Auburn	7:00 CST
Nov. 12	LSU	7:00 CST
Nov. 14	Arkansas	2:00 CST
	Nov. 19-21 SEC Championships	
	@ Knoxville	

Soccer

Date	Opponent	Time
Aug. 27	Vanderbilt	7:00 CDT
Sept. 3	Oklahoma	7:00 CDT
Sept. 5	Oklahoma State	1:00 CDT
Sept. 10	@ Georgia	7:00 EDT
Sept. 12	@ Tennessee	2:00 EDT
Sept. 17	@ Colorado	4:00 MDT
Sept. 19	Texas	1:00 CDT
Sept. 24	@ Mississippi St.	4:00 CDT
Sept. 26	@ Ole Miss	1:00 CDT
	NIKE @ Santa Clara, Calif.	
Oct. 1	Stanford	6:00 PDT
Oct. 3	Santa Clara	2:00 PDT
Oct. 7	Auburn	7:00 CDT
Oct. 15	LSU	7:00 CDT
Oct. 17	Arkansas	1:00 CDT
Oct. 19	@ UAB	7:00 CDT
Oct. 22	Florida	7:00 CDT
Oct. 24	South Carolina	Noon CDT
Oct. 27	@ Southern Miss	2:00 CDT
	SEC-Big 10 Challenge @ Lexington	
Oct. 29	Michigan	5:00 EDT
Oct. 31	Minnesota	12:30 EST
	Nov. 4-7 SEC Championships	
	@ Nashville	

Cross Country

Date	Meet
Sept. 4	Tulane Invitational
	@ New Orleans, La.
Sept. 18	Crimson Classic
	@ Tuscaloosa
Oct. 1	Auburn Bank Invitational
	@ Auburn (WOMEN)
Oct. 2	Stanford Invitational
	@ Palo Alto, Calif. (MEN)
Oct. 16	Pre-National Invitational
	@ Bloomington, Ind.
Oct. 30	SEC Championships
	@ Nashville, Tenn.
Nov. 13	NCAA District
	@ Auburn
Nov. 22	NCAA Championships
	@ Bloomington, Ind.

Schedules Of Alabama's 1999 Opponents

Team	Sept. 4	Sept. 11	Sept. 18	Sept. 25	Oct. 2	Oct. 9	Oct. 16	Oct. 23	Oct. 30	Nov. 6	Nov. 13	Nov. 20	Nov. 27
VANDERBILT Commodores Nashville, Tenn. (Alabama leads series, 54-19-4)	ALABAMA 11:30 CDT JPTV	Northern Illinois	@ Ole Miss	@ Duke	Mississippi State	The Citadel	Georgia	@ South Carolina		@ Florida	Kentucky		@ Tennessee
HOUSTON Cougars Houston, Texas (Alabama leads series, 8-0-0)	Rice	ALABAMA (Birmingham) 11:30 CDT JPTV	Southwestern Louisiana	@ UAB		Cincinnati	@ North Carolina	@ Louisville	East Carolina	Tulane	@ LSU	@ Army	
LOUISIANA TECH Bulldogs Ruston, La. (Alabama leads series, 3-1-0)	Aug. 28 @ FSU Sept. 4 Texas A&M	Sam Houston State	ALABAMA (Birmingham) 2:00 CDT		@ Southwestern Louisiana		Middle Tennessee	@ Central Florida	@ Toledo	Northeast Louisiana	@ UAB		Dec. 2 @ Southern Cal
ARKANSAS Razorbacks Fayetteville, Ark. (Alabama leads series, 6-3-0)	@ SMU		Northeast Louisiana @ Little Rock	@ ALABAMA (Tuscaloosa)	@ Kentucky	Middle Tennessee	South Carolina @ Little Rock		Auburn	@ Ole Miss	Tennessee	Mississippi State @ Little Rock	@ LSU
FLORIDA Gators Gainesville, Fla. (Alabama leads series, 17-11-0)	Western Michigan	Central Florida	Tennessee	@ Kentucky	ALABAMA	@ LSU	Auburn	Georgia @ Jacksonville		Vanderbilt	@ South Carolina	FSU	
OLE MISS Rebels Oxford, Miss. (Alabama leads series, 37-6-2)	@ Memphis	Arkansas State	Vanderbilt	@ Auburn	@ South Carolina	Tulane	ALABAMA		@ LSU	Arkansas		Georgia	Nov. 25 @ Mississippi State
TENNESSEE Volunteers Knoxville, Tenn. (Alabama leads series, 42-31-7)	Wyoming			Memphis	Auburn	Georgia		@ ALABAMA (Tuscaloosa) 2:30 CDT CBS TV	South Carolina	Notre Dame	@ Arkansas	@ Kentucky	Vanderbilt
SOUTHERN MISS Golden Eagles Hattiesburg, Miss. (Alabama leads series, 28-4-2)	Sept. 5 Tulane	Northwestern Louisiana	@ Nebraska	@ Texas A&M		@ East Carolina	Army	Cincinnati	@ ALABAMA (Tuscaloosa) 4:00 CDT	@ Memphis	Southwestern Louisiana	@ Louisville	
LSU Fighting Tigers Baton Rouge, La. (Alabama leads series, 40-16-5)	San Jose State	North Texas	Auburn		@ Georgia	Florida	@ Kentucky	@ Mississippi State	Ole Miss	@ ALABAMA (Tuscaloosa)	Houston		Arkansas
MISSISSIPPI STATE Bulldogs Starkville, Miss. (Alabama leads series, 66-13-3)	Middle Tennessee	Memphis	Oklahoma State	South Carolina	@ Vanderbilt	@ Auburn		LSU		Kentucky	@ ALABAMA (Tuscaloosa)	Arkansas @ Little Rock	Nov. 25 Ole Miss
AUBURN Tigers Auburn, Ala. (Alabama leads series, 35-26-1)	Appalachian State	Idaho	@ LSU	Ole Miss	@ Tennessee	Mississippi State	Florida		@ Arkansas	Central Florida	@ Georgia	ALABAMA 6:30 (ESPN)	

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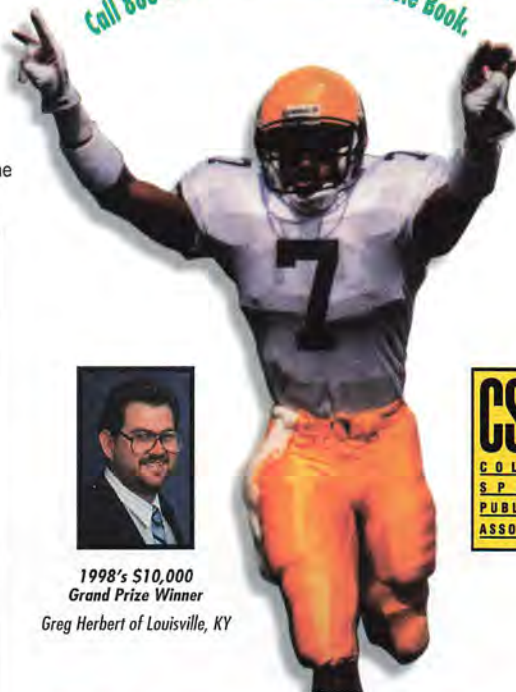
Bonus Points (Defense)

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Rushing Yards under 100 =5 points
Every Sack =1 point
Every Interception =1 point

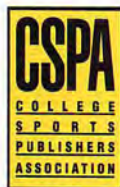
Bonus Points (Team)

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Loss =5 points
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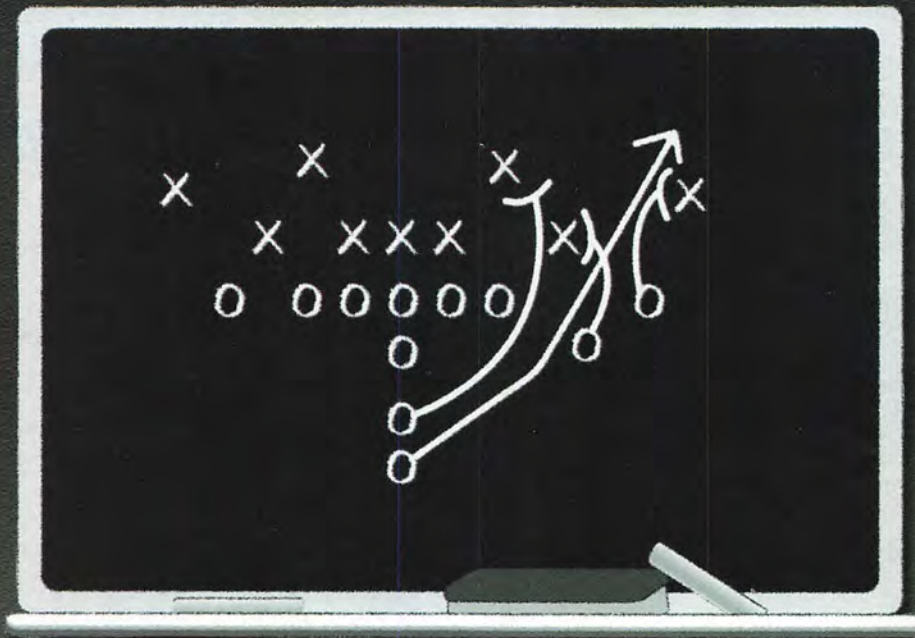


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